CLOSET
for Ladies and
Gentlewomen.

OR,

The Art of preserving, Conserving, and Candying.

With the manner how to make divers kinds of Sirups, and all kind of banqueting stuffe.

Also divers soveraigne Medicines and Salves for Sundry Diseases.

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An especiall Note of Confectionary.

To preserve Pippins red.

Take your best colored red Pippins, and pare them: then take a pierser, and bore a hole thorow them: then make syrup for them, as much as will cover them, and so let them boile in a broad preserving pan: put into them a peece of Cinnamon stick, & so let them boyle a little covered very leisurely [illegible] often, they will [illegible]

will not bee like the other, and let them thus boyle untill they begin to jelly: then take them up, and pot them, and you may keep them all the yeere.

To preserve Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them as you did for the red ones; then make a weak sirup for them, and so let them boyle till they be tender; then take them up, and boyle your sirup a little higher, then put them up in a Gally-pot and let them stand all night, and the next morning the sirup will be somewhat weaker: then boyle the sirup againe to his full thicknesse, and so pot them, and you may keep them all the yeere. If you please to have them taste a pleasant taste, more then the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinamon, and that will make them

them taste a more pleasant taste.

To preserve Pippins greene.

TAke Pippins when they bee small and greene off the tree, and pare three or foure of the worst, and cut them all to peeces: then boyle them in a quart of faire water till they bee pap, then let the liquor come from them, as you doe from your Quodlinacke, into a Bason: then put into them one pound of Sugar clarified, and put into this as many greene Pippins unpared as that liquor will cover, and so let them boyle softly: and when you see they bee boyled as tender as a quodling, then take them up, and pill off the outermost tough skin, and then your Pippins will bee greene: then boyle them in your syrup againe till the syrup be thicke: and so you may keep them all the yeare.

To preserve Apricocks

OF Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water; and when your sugar is made perfect, put it into a preserving pan, and put your Apricocks into it, and so let them boyle gently: and when they be boyled enough, and your sirup thicke, put them, and so keepe them. In like manner you may preserve a peare plom.

To preserve Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboyle them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them and preserve them

them as you doe any other things, and so you may keepe them all the yeere.

To preserve Pomcitrons.

OF your Pomcitrons take one pound and a halfe, & cut them some in halves, some in quarters, and take the meat out of them, and boyle them tender in faire water: then take two pound of sugar being clarified, and make sirup for them, and let them boyle in sirup a quarter of an houre very gently: then take them up and let your sirup boyle till it bee thick: and then put it in your Pomcitrons, and you may keep them all the yeere. If you please, you may pare some of them: for, some delight them in the skin, and some, pared.

To preserve Cherries.

OF the best and fairest Cherries take some two pound and with a paire of sheeres, clip off their stalks

by the [illegible] then wash them cleane, and beware you bruise them not: then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seethe till it bee somewhat thick: then put in your Cherries, and stirre them together with a silver spoone, and so let them boyle, alwayes stumming and turning them very gently, that the one side may be like the other, untill they be enough: the which to know, you must take up some of the sirup with one Cherry, and so let it coole; and if it will starre run out, it is enough: and thus, being cold, you may put them up and keep them all the yeere.

To preserve red rose leaves.

OF the leaves of the fairest buds take halfe a pound: sit them cleane from seeds: then take a quart of faire water, and put it in an earthen

pipkin

pipkin, and set it over the fire untill it be scalding hot: and then take a good many of other red rose leaves and put them into the scalding water, untill they begin to looke white, and then strane them: and then [illegible] untill the water look very red: then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Rose-leaves, and let them seethe together till they bee enough: the which to know, is by taking some of them up in a spoone, as you doe your Cherries; and so, when they bee thoroughly cold, put them up, and keepe them very close.

To preserve Orenges and Limmons.

TAke your Orenges and Limmons, large and well coloured, and take a raspe of steele, and raspe the outward rinde from them: then lay them in water three dayes and three nights; then boyle them [illegible]

and shift them in the boyling, to take away their bitternesse: and when they bee boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwixt hot and cold, put in your Limmons and Orenges, and there let them bee infused all night: the next morning, let them boyle two or three walmes in your sirup: let them not boyle too long in the sugar because the rinds will bee tough: take your Limmons out, and boyle your sirup thicker and so when it is cold, put them up and keep them all the yeere.

To preserve Quinces.

OF your Quinces, take a pound; core them, and then perboyle them, and pill off the outermost white skin, and then weigh them, and put into them clarified Sugar one pound, and then boyle them closely covered upon a very gentle fire,

fire, putting unto them a sticke or two of good Cinamon cut into small peeces, and so stir them continually, that they may bee well coloured on every side: and when the syrup is come to the height of a perfect gelly, take them off the fire, and so keepe them; for the higher your syrup is, the better will your Quinces keepe.

To preserve Peaches.

OF your fairest and best coloured Peaches take a pound and with a wet linnen cloth wipe off the white hoare of them: then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water: and being perboyled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white wine, and boyle it almost to the height of a

sirup, and then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if need should require: and then put them up and keepe them all the yeere.

To preserve Eringo-roots.

TAke your Eringo-roots, faire and not knottie one pound, and wash them cleane: and when they bee washed set them on the fire, and boyle them very tender; pill off the outermost skinne of them, but see you break them not; and as you pare them put them into cold water, and let them all remain there till all be finished: and then you must take to every pound of roots, three quarters of a pound of clarified Sugar & boyle it almost unto the height of a sirup, and then put in your roots, but look that they boile very gently together, with as little stirring as may be, for feare of breaking, untill they bee enough:

enough: and when they be cold, put them up, and so keepe them.

To preserve Barberries.

TAke your Barberries very faire and well coloured, and pick out every stone of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulp of Barberries, and one ounce of red rose water you must dissolve your Sugar, and then boile it to a sirup: being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up: and as soone as they begin to wax cooke, put them up, and they will keep do it colour all the yeere.

To preserve Gooseberries.

YOu must take your large Ber- [illegible] and pick off all the stalks from them, and

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thicke sirup: and then put in your Gooseberries, and let them boyle a walme or two; and so, betwixt hot and cold, put them up, and keepe them all the yeere.

To preserve Damsons.

TAke of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and pick them clean, and wipe them one by one; then weigh them, and to every pound of Damsons, you must take a pound of Barbary sugar, white and good, dissolved in halfe a pint or more of water; boyle it almost to

to the height of a ſirup, and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſilver ſpoone; and ſo let them boyle untill it be enough, upon a gentle fire: and when they be enough, take them up, and keep them all the yeare.

To preſerve Raſpices.

TAke of your faireſt and well coloured Raſpices, and picke off their ſtalks very cleane: then waſh them, but in any caſe ſee that you bruiſe them not: then weigh them, and to every pound of Raſpices you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar-candy, and clarifie it with halfe a pint of faire water, and foure ounces of juyce of Raſpices being clarified: boile it to a weak ſirup and then put in your Raſpices, ſtirring them up and downe, and ſo let them boyle untill they be enough,

that

that it, using them as your Cherries, and so you may keepe them all the yeere.

To preserve Enula Campana roots.

TAke of your Enula Campana Roots, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lie in water thirty daies, shifting them twice every day, to take away their bitternesse; weigh them, and to every pound of Roots, you must take twelve ounces of clarified Sugar, first boyling your roots as tender as a Chicken, and then put them into your clarified Sugar, and let them boyle upon a gentle fire until they be enough: and so let them stand off the fire a good while, and betwixt hot and cold put them up to your use.

To preserve Saxefrage roots.

TAke your Saxefrage roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire, as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyle it almost to the height of a firup, and then put in your roots, but take heed they boyle not too fast, for then they will grow hard and tough: and therefore when they bee boyled enough, take them off, and set them a cooling, and so keep them according to the rest.

Here end the preserved roots.

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose water, and boyle them together till it come to Sugar againe: then stirre it about while it bee somewhat cold: then take your leafe-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candie Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and boile it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it

it, and put the Ginger in it: then tie it very close, and every second morning stir it about roundly, and it will bee rocke-candied in a very short space.

To candy Rose-leaves as naturally as if they grew upon the trees.

TAke of the faireſt Roſe-leaves, red or damaske, and on a Sunneshine day ſprinkle them with Roſewatter, and lay them one by one, upon faire paper: then take ſome double-refined Sugar, and beat it very fine and put it in a fine lawne ſearce: when you have laid abroad all the Roſe leaves in the hotteſt of the ſun, ſearce ſugar thinly all over them, then anon the Sunne will candy the Sugar; then turne the leaves, and ſearce Sugar on the other ſide, and turne them often in the Sunne, ſometimes ſprinkling Roſe-water, and ſometimes ſearcing Sugar on them, untill they be enough, and come to

your

your liking: and being thus done, you may keepe them.

To Candy Marigolds in wedges; the Spanish fashion.

TAke of the faire yellow Marigold flowers two ounces, and shred them, and dry them before the fire: then take foure ounces of Sugar, and boyle it to the height of Manus Christi: stir it then powre it upon a wet Pie-plate, and, betwixt hot and cold, cut it into wedges: then lay them on a sheete of white paper; and put them in a Stove.

To candy all manner of flowers in their naturall colours.

TAke the Flowers with the stalks and wash them over with a little Rose-water, wherein Gum-arabeck is dissolved; then take fine searced Sugar, and dust over them, and set them

them a drying on the bottome of a Sive in an Oven, and they will glister as if it were Sugar-candy.

To candy all manner of Flowers, Fruits, and Spices, the cleere way.

TAke two pound of Barbary Sugar great grained, clarified with the whites of two Egges, and boyle it almost as high as for Manus Christi: then put it into a pipkin that is not very tough: then put in your Flowers, Fruits, and Spices, and so put your Pipkin into a Still, and make a small fire of small coles under it, and in the space of twelve dayes it will be rocke-candied.

To candy Eringo roots.

TAke your Eringo roots ready to be preserved and weigh them, and to every pound of your roots, two pound take of the purest Sugar you can get

two pound, and clarifie it with the whites of Egges exceeding well, that it may be as cleare as Chrystall, for then it will bee very commendable: it being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they be all candied, and so put them in a Stove, and keepe them all the yeere.

To candy Enula Campana.

TAke of your fairest Enula Campana roots, and take them cleane from the sirup, and wash the Sugar off them, and dry them againe with a linnen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of Sugar: clarifie it well, and boyle it to the height of Manus Christi, and when it is so boyled, dip in your roots three or foure at once, and they will candy very well; and so stove

ſtove them, and keepe them all the yeare.

To candy Violet flowers.

TAke of your Violet flowers that are good and new, and well coloured and weigh them: to every ounce of your Violet flowers you muſt take foure ounces of refined Sugar, which is very white and faire grained, and diſſolve it in two ounces of faire running water, and ſo boyle it till it come to Sugar againe; but you muſt ſcum it often, leſt it bee not cleare enough; and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your Violet flowers, ſtirring them together till the Sugar grow hard to the pan: this done, put them into a box, and keepe them in a ſtove.

To Candy Gooseberries.

TAke of your fairest berries, but they must not bee too ripe, for then they will not be so good & with a linnen cloth wipe them very clean, and pick off all the stalks from them and weigh them: and to every ounce of Berries, you must take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and dissolve them in an ounce or two of Rose water, and so boyle them up to the height of Manus Christi: & when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will shrink, and so stir them in round with a wooden Spartan till they bee candied; and thus put them up and keep them.

To Candy Rosemary-flowers.

TAke of your Rosemary-Flowers ready picks, and weigh them; to every

every ounce of flowers you must take two ounces of hard Sugar, and one ounce of Sugar Candy, and dissolve them in Rosemary-flower-water, and boyle them till they come to Sugar againe: which done, put in your Rosemary-flowers when your Sugar is almost cold, and so stirre them together till they be enough, and then take them out, and put them in a box, and keepe them to your use in your stove.

To candy Borage Flowers.

TAke your Flowers, and pick them very cleane, and weigh them, and use them in every respect as you did your Rosemary-Flowers, save this, that when they be candied, you must set them in a Still, and so keepe them in a sheet of white paper, putting every day a chafingdish of coles into your still, and it will be candied very excellently, and that in a short space.

Here endeth the sorts of Candying.

To make Paste of Pippins, the Geneva fashion, *some with leaves, some like Plums, with stalks and stones in them.*

TAke your Pippins and pare them, and cut them in quarters: then boyle them in faire water till they be tender: then straine them, and dry the pulp upon a chafingdish of coles: then weigh it, and take as much Sugar as it weigheth, and boyle it to Manus Christi, and put them together: then fashion them upon a Pie-plate, and put it into an Oven being very sleighdy heat: the next morning you may turne it, and put them off the Plates upon sheets of paper upon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five dayes,

putting euery day a Chasingdish of coles into the Oven: and when they be thorow dry, you may box them, and keepe them all the yeere.

To make paste of Eglantine, of the colour of the red Coral.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water; then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced, and worke it up into Paste with this straining: then print it with your moulds: then stove it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten and searced, and put into an Alablaster Mortar, with an ounce of Gum-dragagant steeped in Rose-wa-

ter: and if you see your paste be too weak, put in more Sugar; if too dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your selfe, to stand upon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keep them.

To make Paste-Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste-royall white, and then you may turne it upon stickes made of peeces of Arrowes, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

To make Paſte of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and ſtraine it, and dry it in a pewter platter upon a chafingdiſh of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Chriſti, and then put them together, and ſo faſhion it upon a Pie-plate, and dry it in an Oven with a chafingdiſh of coles, untill it bee thorow dry: and then, if it pleaſe you, you may ſpot them with gold.

To make Paſte of Violets.

YOu muſt take of your Violets that are ready picked, & bruiſe them in an Alablaſter or Marble Mortar, and wring the juyce from them into a Porringer, and put as much

much hard Sugar in fine powder, as that juyce will cover: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste; when it is perfect take it up, and print it with your moulds, and so dry it in your stove and not by the fire, for feare of danger; and when it is dry, gild it. It is a fine banqueting conceit.

To make paste of Goose-berries.

TAke of your Goose-berries, and cut them one by one, and wring the juyce from them, till you have gotten so much as you thinke will serve your turne: boyle your juyce a little, that it may bee thicker: then take as much double refined Sugar, as your juyce will sharpen, and dry it as you did for your Violets, and being dry, beat it very fine, and take as much Gum-dragagant steeped in red rose water, as will serve, and beat

beat it into perfect paste in an Alablaster Mortar: and then take it up, and print it with your moulds, using it in every respect as your paste of Violets. This is excellent good for one that hath a weak stomacke.

Here begin Banquetting Conceits, as Marmelades, Quodiniackes, and such like.

To make Muskadine Confits.

TAke halfe a pound of Musk-Sugar beaten and searced: then take Gum-dragagant steeped in Rose-water, and two graines of Muske, and so beat them in an Alablaster Mortar till it come to perfect Paste: then drive it very thin with a rowling pin, and then cut it into small peeces like diamonds, some cut with

with a rowle ſpoone on the ſides: being thus cut, ſtove them and ſo keep them all the yeere.

To make Diacitonium ſimplex of Quinces.

TAke of your Quinces, and pare them, and cut them in peeces, and boyle a pound of theſe peeces in a quart of faire water, till they be very ſoft: then let the liquor runne from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, and let it ſeethe till you ſee it ſtand like gelly: then take it from the fire, and put therein foure drops of oyle of cinamon and Nutmegs, and then put in five and twenty leaves of fine gold, and ſtir it together, and ſo put it in fine chryſtall Glaſſes and keep it all the yeere.

To make fine chrystall Gelly.

TAke a knuckle of Veale, and foure Calves feet, and set them on the fire with a gallon of faire water, and when the flesh is boyled tender, take it out: then let the liquor stand still untill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and so let it boyle a quarter of an houre leisurely on the fire, then let it runne therow a gelly bag into a bason, with the whites of two egges beaten; and when is is cold, you may cut it into lumps with a spoone, and so serve three or foure lumps upon a plate.

To make white leach of Creame.

TAke a pint of sweet creame, and six spoonfuls of rose water, and two graines of Muske, two drops of oyle of Mace, or one peece of large Mace, and so let it boyle with foure ounces of Isinglasse: then let it run downe thorow a gelly bag: when it is cold, slice it like brawne, and so serve it out. This is the best way to make leach.

To make a Walnut, that when you crack it, you shall find baked Carrowaies in it, or a prety Posie written.

TAke a peece of your Paste-royall white, being beaten with Gum-Dragagant, and mixed with a little fine searced Cinamon, which will bring your paste to a Walnut shell

shell colour: then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or foure Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill Sugar, clarified with a pint of faire water, and let it boyle till the Plums break: then take it off, and let your liquid substance run thorow a strainer, and then put it againe into the Posnet, and so let it boyle till it come to its thickneſse, and then print it with your moulds on what fashion you please.

To make Bukettello.

TAke two ounces of very fine Sugar, beaten and searced, and put into

into it halfe a ſpoonfull of Amidum, that is, white Starch, a grain of Muſk: then beat it into perfect Paſte, with Gum-dragagant ſteeped in Roſe water; then make it into little pretty loaves the faſhion of Manchets, and ſo put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heed your pan be not hot; and ſo ſpeck them with gold, and ſo box them. It is a very fine banquetting conceit.

To make a ſpeciall ſweet water to perfume clothes in the folding, being waſhed.

TAke a quart of Damaſk Roſe-water, and put it into a glaſſe, put unto it a handfull of Lavender-Flowers, two ounces of Orris, a dram of Muſke, the weight of foure pence of Amber greece, as much Civet, foure drops of Oyle of Cloves; ſtop this cloſe, and ſet it in the Sunne a fort-

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding: the dregs, left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

To make Mosse powder.

TAke two pound of Mosse of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Damask rose-water, foure and twentie houres: then take it out, and dry it in an oven upon a Sives bottome, and beat it to Powder: put to it an ounce of Lignum Aloes beaten and searced, two ounces of Orris, a dramme of Musk, halfe a dram of amber-greece, a quarter of a dram of Civet: put all these into a hot Mortar and Pestle, and beat them together: then searce them

them thorow a coorse haire scarce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine Sugar halfe a pound: boyle it with Rod rose-water, until it come to the height of Lozenges: and in the cooling, put in of the spices of Aromaticum Rosarum, 4. drams, with a little Confectio Alchermes, and so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose: and when you gild them, if your gilding will not stick on, wet them gently with a little Rose water, but not too much in any case.

To make a Marzo-pane, to ice it, and garnish it after the Art of Confectionary.

TAke two pound of small Almonds blanched, and beate it into perfect paste,

paste with a pound of Sugar finely searced, putting in now and then a spoonfull or two of Rose-water, to keepe it from oyling; and when it is beaten to perfect Paste, roule it thin and cut it round by a Charger: then set an edge on it as you do on a Tart: then dry it in an Oven or a baking Pan: then ice it with Rose-water and Sugar, made as thick as batter for Fritters: when it is iced, garnish it with conceits, and stick long Comfits in it, and so gild it, and serve it.

To make all sorts of banquetting Conceits of March-paine-stuffe, some like Pies, Birds, Baskets, and such like, and some to print with moulds.

TAke a pound of Almond Paste made for the Marchpane, and dry it on a chafingdish of coles, till you see it wax white: then you may print

print some with Moulds and make some with hands, and so gild them; then stove them, and you may keep them all the yeere, They be excellent good to please children.

To make all kind of birds and beasts to stand on their legs, in cast-works.

TAke Barbarie Sugar, clarifie it & boile it to the height of Manus Christi: then powre in into your moulds, they being seasoned as for your Quodiniack: let them stand a quarter of an houre, and they will be cold, and then you may take them out and gild them.

To cast all manner of frutage hollow in turnd worke, and put them in their colours, as Orenges, Limmons, and the like.

TAke your Sugar being boyled to the height of Manus Christi, and put

put it into your Alablaster moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-bisket bread.

TAke a pound of very fine Flower, as much Sugar thorowly sifted, one ounce of Annisseeds cleane picke, take eight Egges, and a spoonfull of Muskadine, and beat all into batter as thick as for Fritters: beat it thus in a bowle one houre; then put it into your coffins of plate, or frames of wood, and set it in an Oven, and let it remaine there one houre: you may slice some of them when they bee a day old, and dry them againe upon a hurdle of Wicker: you may also take one of your leaves, and wash it over with the yolke of an Egg beaten with a little Rose-water, and while it is greene, cast Bisketts and

and Carrowaies on it, and a little white Candy, and it will shew as if it d haile on it: then spot it with gold, and give it to whom you please.

To make the usuall Buket sold at Comfit-makers.

TAke a Peck of flower, and foure ounces of Coriander seed, one ounce of Annis seed take three Egges, three spoonfuls of ale-yeast, and as much warme water as will make it as thick as past for Manchets: make it in a long Rowle, and bake it in an Oven one houre; and when it is a day old, pare it, and slice it, sugar it with scarced Sugar, and put it againe into the Oven; and when it is dry, take it out, and new sugar it againe, and so box it, and keep it.

To make an especiall sweet Powder for sweet bags.

TAke of the pureſt orris one pound, of Red and Damask Roſe-leaves, of each two ounces, of Cloves three drams, Coriander ſeed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all ſave the Benzoin and the Storax, and powder them by themſelves, and mix it with the reſt of the powder; then take of Musk & Civet, of each twenty grains, Amber greece ten graines; mix theſe with a little of the foreſaid powder with a warme Peſtle, and ſo by little and little you may mix it with all the reſt, and ſo with Roſe-leaves dried you may put it up into your ſweet Bags, and ſo keep them ſeven yeeres.

To make an excellent Marmelade, which was given to Queene Mary for a New yeeres gift.

TAke a pound and a halfe of Sugar, boyle it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure small Quinces, one good Orenge-pill, both very well preserved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringo-roots preserved two ounces and a halfe, stir these with the Sugar till it will not stick: and then, at the last put in of Muske and Amber dissolved in Rose water, of each foure graines; of Cinamon, Ginger, Cloves and Mace, of each three drams; of Oyle of Cinamon two drops: this being done, put it into your Marmelade Boxes, and so present it to whom you please.

To

To make another sort of Marmelade very comfortable for any Lord or Lady whatsoever.

TAke of the purest greene Ginger, six drammes; of Eringo and Satersion roots, of each an ounce and a halfe beat these very finely, and draw them with a silver spoone thorow a haire Tearce: take of Nut-kernels and Almonds blanched, of each an ounce, Cocks stones halfe an ounce, all steeped in how twelve houres, and then boyled in milke, and beaten and mixed with the rest: then powder the seeds of red Nettles, of Rocks, of each one dramme; Plantane seeds halfe a dram; of the belly and backe of a fish called Scineus marinus, three drammes: of Diasatirion, foure ounces; of Cantarides, adde a dram; beat these very finely, and with the other powder mix it: and so with a pound of fine sugar dissolved in Rose-

water

water, and boyled to Sugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſix leaves; of pearle prepared two drammes, Oyle of Cinamon ſix drops: and being thus done and well dried, put it up in your Marmelade boxes, and gild it, and ſo uſe it at your pleaſure.

To make a blanch for any Ladies face.

TAke of white Tartar two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, juyce of two Limmons, oyle of Tartar foure ounces, Plantane water as much, white Mercurie a penniworth, bitter Almonds two ounces; all muſt bee powdred and mixed with the oyle and water, and then boyled upon a gentle fire, and ſtraine it, and ſo keepe it: the party muſt rub her face with a ſcarlet cloth, and

then

then over night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a ruby colour.

Take a pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boyle till they bee tender: then put into them a pound of Sugar, and let it boyle till the fruit fall to the bottom of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boyle till it come to his colour and thicknesse: then print it with your moulds: you shall know when it is ready to print, by rolling a little upon the back of a Spoone: and if you see it will stand and not run downe, print it. In like sort you may make your Quodiniack of Pippins, your Pippins will hold all the yeare.

To

To make Quodiniacks of Raſpices, or Engliſh Coriants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpoonfuls of Roſe-water, and mix them together with the backe of a Spoone: then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with Sugar till it be ſweet enough: then boyle it on a chafingdiſh of coles in a diſh, till it be ready to print: then print it in your moulds, and box it, and ſo keep them.

Here end the conceits of Banquetting.

Your Moulds muſt lie in water one night before you uſe them; and an houre before you print with them, take them out of the water.

CORDIAL WATERS.

Aqua Cœlestis.

TAke of Cinamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Galingale one dram and a halfe, Cubebs two drammes, Calamus roots one dram, all bruised and kept in a paper: then take of Betrony and Sage flowres, of each a handfull; Marjoram, Pennirial, of each halfe a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum three

three drams, Diambræ, Diamargariton-frigidum, Diamoscum dulce, of each a dram and a halfe: you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make Cinamon water.

TAke one pound of the best Cinamon you can get: bruise it well, and put it into a gallon of the best Sack, and infuse it three dayes and three nights, and then distill it as your Aqua Cœlestis.

To make Doctor Stevens water.

TAke of Rose-leaves one dram, Berage, Bugloss, Violets, and Rose-

mary-flowers, of each a dram and a halfe, Spikenard a dram, Cinamon 2. ounces, Ginger an ounce, Cloves and Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallingale, two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds, and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder of each one dram; bruise these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, using it in every respect as your Aqua Cœlestis.

To make Balme-water.

TAke Balme dry three ounces, Time, Peniriall, of each an ounce, Cinamon foure ounces, a dram of Cardomus, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger of each a dram, Gallingale one ounce, Calamus, and Cyprus, Cubebs and Pepper, of each two drams, of Caper roots halfe a dram, of Diptanus one dram; bruise

these

theſe things, and put them to a pottle of Sacke, and ſteepe them 24 houres, and then uſe it as the former waters.

Angelica water.

TAke Cardus dry a handfull, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram and a halfe, Cardamons Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Iuncus Odoratus, of each a dram; Sage, Borage, Bugloſſe, Violets and Roſemary flowers, of each halfe a handfull: bruiſe theſe, and ſteepe them in a pottle of Sack twelve houres, and diſtill it as the reſt.

Roſa ſolis.

TAke Liquorice eight ounces, Aniſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each 3 ounces, nutmegs, ginger, cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar foure ounces: bruiſe theſe, and diſtill it with a gallon of Aqua-vitæ, as the reſt: but when it is diſtilled, you muſt colour it with the herb Roſa-ſolis, or elſe Alkanet root.

Wormewood-water.

TAke of Wormewood two ounces and a halfe; Sage, Bittony & Rue, of each halfe a handfull, Roſemary tops a handfull, Cinamon 2. ounces, Nutmegs halfe an ounce, Cloves and Mace, of each halfe a dram, Ginger an ounce, Gallingale, Cubebs and Spiknard, of each a dram and a halfe, of Scordium halfe a handfull: bruiſe theſe, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and ſteep them foure and twenty houres, and diſtill them as the reſt.

HERE

HERE BEGIN Conserves.

To make Marmelade of Quinces.

TAke your Quinces, and boyle them tender: then pare them and cut them to the core: then draw the pulp, that is, the Quince, thorow a haire Searce, and weigh it: to every pound of pulp take a pound of clarified Sugar, and boyle them together till they come to a perfect colour, putting to them in the boyling a little Oyle of Cinamon; and when it is boyled enough, that it will not stick to the pan, put it into your Marmelade-Boxes. But your conserve must not bee boyled

so high in any case, for then it will not be so good.

To make Conserve of Red and Damaske Roses.

TAke of the purest and best coloured buds you can get, and clip off the whites from them, and to every pound of leaves, you must take three pound of Barbary Sugar, & beat them together till they be very fine; and then with a woodden Spatter take it up, and set it on the fire till it be thorow hot, and then presently put it up, and it will be of an excellent colour.

To make Conserve of Violets.

TAke of your Violet Flowers, and pick off all the blew Flowers, and keepe them, and weigh them, and take to every ounce of Flowers, 3 ounces of refined Sugar, and beat them in an Alablaster Mortar till they be very fine, and then take them up, and put them into

into an earthen Pipkin, and ſet them upon the fire till ſuch time as they be thorowly hot, and then take them off, and put them up and keep them.

To make Pectorall rowles for the Cough.

TAke Liquorice-powder finely ſearced one ounce, of the ſpices of Diadragaganthum frigidum 2. drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Anniſeeds in fine powder 1. ounce, mingle with the reſt: then take of Sugar ſix ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdred and mingled with the former powder: then take Gum-dragagant ſteeped in Roſe-water, and beat it into paſte, and ſo make it into long roules, and ſo dry them and keep them.

To make Conſerve of Borage-Flowers.

TAke of your Borage flowers well coloured, and pick the blacks from them

them : then weigh them : to every ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alablaster Mortar with a woodden Pestle, till they be very fine, so that you cannot discerne any Sugar in lumps; then take them out, and put the conserve into a Pipkin, and heat it thorow hot : and having thus done, put them up, and keepe them all the yeere.

To make Conserve of Rosemary flowres.

TAke your Rosemary-Flowres, fresh and good, and pick them from the greene tuske : weigh them, and take to every ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, using them in every respect as you did your other Conserves.

To make Conserve of Buglose-flowers.

TAke your Bugloss-flowers, and pick them as you did your Borage

rage-Flowers, and then weigh them and to every ounce of Flowers, you must take two ounces of hard Sugar and an ounce of Sugar-Candy, and beat them together till they be exceeding fine, & then set them on the fire, to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it up and keepe it all the yeere.

To make a Pomander.

TAke of Benzon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and searce them thorow Lawne: and then take of Muske a dramme; Ambergreece ten graines, Civet ten graines, and dissolve them in a hot Mortar with a little Rose-water, and so make them into a Pomander, putting into it six graines of Civet.

To

To make Conserve of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalkes, and then wash them, and put unto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulp them thorow a fine Searce, and to every pound of Pulp, take a pound of powder Sugar, and boyle them till it bee enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one houre or two at the most, they will lose their colour, & do you very little service: therefore weigh them presently, & to every ounce of flowers, you must take three ounces of double refined Sugar, and beat them toge-

together in a Mortar of Alablaster & a woodden Pestle, till such time as they bee thorowly beaten: for, the better the Flowers and Sugar be beaten, the better will your Conserve be; let this alwayes be for a generall rule: and being very well brayed you must take them up, and put it into a Chafer cleane scoured, and set it on the fire till it bee thorowly hot: then take it off, and put it up, and keep it all the yeere.

To keep Cucumbers in pickle all the yeere.

TAke foure gallons of condnit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of sweet Marjoram, and foure handfuls of Dill: let these boile till it come to three Gallons, and then take it off; and when it is almost cold put a hundred of cucumbers into that liquory into a Butter barrell, and keepe them all the yeere, but look that alwayes the herbs lie upon them:

them: and thus done, it will be a most excellent Sallet with Oyle, Vinegar and Pepper.

An exceeding fine Pill used for the Gout.

TAke of Aloes two ounces, Masticke three drams, Agrick half an ounce, Ginger halfe a dram: let these be powdred very fine: then take of the extraction of Rubarb three drams, and with white wine let them be incorporated into a masse of pilles, adding unto them a drop of Oyle of Cloves, and as much of Nutmegs.

A Medicine for the Gout.

TAke of the Slips of Stirres to the number of foure, and then take to every slip foure snailes, and put them into an earthen Pot, & sprinkle foure or five handfuls of Salt upon them, & then put to them Sage, Rue, Wormewood and Hyssop, of each foure handfuls,

fuls, and so distill them; and when you have distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercurie is dissolved, and so bathe the place infected with the Gowt, and it will ease them presently.

To make Sirup of Pomcitrons.

Take Pomcitrons, and cut them in halves, and juyce them, but be ware you wring them not too hard, lest it be slimy; and then take to every pint of juyce three quarters of a pound of refined Sugar, and boyle it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boyle it not on too hot a fire, lest it burne: and then, when it is boyled enough, put it up, and keep it all the yeere.

To

To make Sirup of Violets.

TAke your Violets and pick the Flowers and weigh them, and then put them into a quart of water, and steepe them upon hot embers; untill such time as the Flowers bee turned white, and the water as blue as any Violet: then take to that a quart of infusion, and take foure pound of clarified Sugar, and boyle it till it come to a sirup, scumming and boyling them upon a gentle fire, lest it turne his colour: and being boyled put the Sirup up and keep it.

To make Sirup of Liquorice.

TAke your Liquorice eight ounces, and scrape it very cleane, and bruise it very well, and maidenhaire one ounce, Anniseed & Fennell seed of each half an ounce: steep these in foure pints of Raine-water halfe a day: and then boyle it to a quart: then take

take a pound and a halfe of clarified Sugar, and boyle it with that liquor till it come to a ſirup, and then put it up, and keep it.

To make Sirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts-foot a handful, of Time, Penſriall and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figs and Raiſons of the Sun, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennell ſeeds, of each a quarter of an ounce: boyle theſe in a gallon of faire water, till it come to a pottle or three pints, and then ſtraine it, and take three pound of Sugar, and three Egges, and clarifie that liquor and ſo boyle it to a ſirup, and ſo keep it all the yeare.

To

To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steepe these twenty foure houres in foure pints of Conduit water, and then boyle them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor upon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may be the clearer; for, the cleerer it is, the better it is: and being boyled enough, put it up.

To make Sirup of Hysop.

TAke of Hysop one handfull, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handfull, of French barly one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boyle them

them to a Sirup: and being boyled enough, keepe them all the yeere.

To keepe Cherries all the yeere, to serue them at Christmas.

TAke of the faireſt Cherries you can get, but be ſure that they be not bruiſed, and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay againe: and then ſtop them up cloſe, that no aire may come neere them, and lay them under a Featherbed where one lyeth continually: for the warmer they are the better, yet neere no fire: and thus doing, you may haye cherries at any time of the yeere.

To

To make Sirup of Mulberies.

TAke your Mulberies which are very ripe, preſſe out the juyce from them thorow a linnen cloth betweene two ſticks, and then to every pint of juyce, take a pound of Sugar, and boyle it to the height of a Sirup, and then keepe it all the yeere long: and if it wax any thing thinner, a moneth after you put it up, boyle it againe and then put it up.

To make Sirup of Limmons.

TAke your Limmons, and cut them in halves, and betwixt your fingers juyce them, and the liquor that runs from them will be very cleere, then take to a pint of juyce, a pound and a quarterne of hard Sugar, which is very white, and boyle it to a Sirup, and it will keep exeellent well.

To make Sirup of Roses solutive.

TAke of Damaske-Roses, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske rose leaves, and take them out when they look white, and doe so ten times, and then the water will look red: and then, to every pint of that liquor, put a white of an Egg, and a pound of Sugar, and clarifie it, and boyle it to a Sirup, and keep it all the yeere. The thicker the Sirup is, the better it will keep.

To Make Sirup of dry Roses.

TAke of red Roses dryed foure ounces, and infuse them in a quart of faire water upon hot embers till the Roses have lost their colour: then take a pound and a halfe of Sugar, and clarifie your li-

quor

quor and Sugar with two Egges, and then boyle it to the height of a Sirup: but take heed in any case, that you set not your Sirup upon too hot a fire: for then it will lose his colour, and be worth nothing.

A

A Medicine to give a woman in Travell, to make her have Throwes.

TAke corall, amber, date stones, Pearle, Piony-seeds, Saffron, Cumpine: beat all these in Powder, and put it into Malmesie, and take Vnicornes horne, and put it into a spoone with a little Malmesie, and give it to her, and presently let her drinke a draught of the Malmesie, with the powders aforesaid, warming of it a little.

A medicine for the falling downe of the Mariset in the bearing place.

TAke Chickweed, and seeth it in an earthen pot: then lay of it upon a peece of Scarlet, as hot as the party may suffer it: let her take it to the privie place, and as one plaister cooles, so lay another and use it.

Another for to bee taken to the Navill, and to the hath right against the Navill, for the same.

TAke a red Onion, and rost it very tender: then take of Allysanders seeds, and bruise them in a wooden dish, and mingle the Onion and the bruised seeds together, and lay it upon a peece of linnen cloth: so lay it to the Navill a little warme: cowle that on, and let it lie on 24 houres

soone as one of the bals is hot with doing of them, take the other, and so use it an houre every morning.

A Medicine for the Stone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mallowes, Fansie and Saxifrage, of each a handfull: chop them small, and quilt them in a little linnen bag: then take three pints of creame, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; and when it doth seethe, then put the bag of herbs into the pot, and when the bag is thorowly hot, wring it betweene two trenchers over the pot to save the liquor; then lay the bag to the grieve as hot as you may suffer it; and as soone as it cooleth, make it hot againe in the same liquor, and so apply it to the grieve.

For the Wiues.

TAke a handfull of Basill mints, a handfull of Lavender Cotton, as much of wormewood, Peachleaves as much, Featherfue a handfull, of unset Leekes a handfull: boyle them together in three spoonsful of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme betweene his navill and his stomack.

To heale a sore brest that caves with the infection of the milke.

TAke Mallowes and Saffron, and seethe them in Milke, and when it hath sodden a good while, put in some crummes of leaven bread, and boyle them wel together; and a little before you take it up, put some Sallet Oyle into it: you must let it boyle till it comes to a Poultis, and so lay it warme to your brest: if you perceive that

that this wil not help your breſt without it be broke, you muſt roſt a Lily root, and lay it to your breſt where you will have it break: and when it is broken, you muſt tent it with leaven and milk ſodden thick together, and make a Plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the Poultis all about your breſt, ſaving the place that the Plaiſter lies on: you muſt dreſſe it both with new Poultis and a new plaiſter twice every day, till it begin to heale, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminack, and the white of an Egge, and Vinegar, and beat them togethers, and make Plaiſters thereof, and lay them to your Temples.

To ſtanch the bleeding of a wound.

TAke of unſet Hyſop, and bruiſe it a little, and take the powder of the bone that is to be found in a Capers head, and ſtrew the ſame powder on the Hyſop, and lay it to the wound.

Another for to ſtanch the bleeding of a wound.

TAke Hogs dung hot from the Hog, with Sugar, & lay it to the wound.

For the weakneſſe in the back.

TAke Clary and Dates, and the pith of an Oxe, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and ſtrew Sugar on it, and eat it in the morning faſting, and you muſt put ſome white

Sanders

Sanders in it alſo when you temper it together.

For the Wormes.

TAke Mares milke, and drinke it as hot as you can have it from the Mare, in the morning faſting.

To know whether a Child hath the Wormes or no.

TAke a peece of white Leather, and pecke it full of holes with your knife, and rub it with Wormewoods and ſpread hony on it, and ſtrew the powder of Aleſackatrina, and lay it on the Childs Navil when he goeth to bed, and if he have the Wormes, the plaiſter will ſtick faſt; and if he have them not, it will fall off.

For one that is bruised with a fall.

TAke stone Pitch and beat it, and drinke it with white wine, or sack, or Malmesie; and if you have none, then take some other liquor: then melt Parmacity, and anoint the place where the bruise is.

For the Wind Collick.

TAke Parsly-seeds and bruise them, and seeth them in Sack, and drink it warme when you have your paine.

For the Gowt that is newly come.

TAke Rubarb, and grate it, and mingle it with Conserve of red Roses, and eat thereof every morning fasting a pretty quantity.

A Water to wash a Sore.

TAke of Plantane, and Wood-bine leaves, and white Roses, and ſtill them together, and when the water is ſtilled, put a quantity of Camphire in to it, and ſo let it lie in the water continually.

For the ſhaking of the Sinews.

TAke the Marrow of a horſe bone, and the crops of Elders, & as much of Sage, and chop them together, and boyle them in the Marrow, and then ſtrain out the herbs, and put to the liquor one ſpoonfull of honey, two ſpoonfuls of Aqua-compoſita, and a quantity of Peppet, and boyle it againe and keep it for your uſe.

For the Pilet.

TAke a quantiy of Ragwort, and a quantity of ground-lyie, and the

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boyle them on a soft fire, and straine them, and keep it for your use.

A Salve to take dead flesh out of a sore.

TAke a spoonfull of Vinegar and a spoonfull of Hony, and a quantity of Verdi-grease, and as much Allome, and boyle all these together, and keep it for your use.

For the staying of the Flux.

TAke a new laid Egge, and take off a little of the top of it, and powre out a little of the white, and fill up the Egge with Aqua Composita, and stirre it together, and rost it, and sup up the Egge in the morning fasting: till you be well use this.

Another

Another for the same.

MAke Rice pottage with Almond-milke: you must not blanch the Almonds, and make little bals of Virgin wax: make them lesse than Pease, and when you doe eat of the Pottage, take three or foure of the Bals, and put them in every spoonfull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua Composita, and take two handfuls of Henbane, and breake it, and put it into it, and set the pot in the earth all the moneth of May, and it will come to an Oyle; and at the end of May, you must take it up and keep it for your use: you must cover the pot very close when you set it in the ground; and when you anoint the griefe therewith, you must doe it against the fire.

For

For the Piles.

TAke Marlemasse beefe and dry it, and beat it to powder, and then put it into a chasingdish of coals, and set it in a chaire, and sit over it.

For an Ague.

IF it be for a child, take two spoonfuls of good Ale, & seeth it, & scum it, and one spoonfull of the Sirup of Roses, and let him drink it luke-warm; if for an old body, then take three spoonfuls of good Ale, and two spoonfuls of the Sirup of Roses.

To make a fresh Cheese.

TAke a quantity of new Milke, and set it on the fire, and let it boyle, and take halfe a dozen yolks of Egs, and beat them, and stirre them in the milke on the fire: then take it off the fire, and keep it stirred till it be luke-warme,

warme, and then put Runnet into it, and ſtirre it, and let it ſtand till it be gathered together, and take up the Curd, and put into it Cinamon and Ginger, and ſtirre it about and make diſhes of it, as you think good.

A Medicine for a peſtilent Ague, or to drive any thing from the heart.

MAke a Poſſet with white wine, and take away the curd, & take horſe-dung of a ſtone-horſe, as hot as you can get it from the horſe, and straine it with the Poſſet drinke, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you have no Vnicornes horne, then put Ivory or Sea horſe-tooth, and give it to the ſick to drink faſting in the Morning, warming it, and you muſt put the Vnicornes horne into the ſpoone, and take it with ſome of the Poſſet drinke,

and

and so drink the Posset presently after it, and use this two or three mornings.

A Medicine for the sorenesse in the throat that commeth with the Rheume.

TAke halfe a pint of Hony-suckle-water, and two Iewes eares, of Plantane and Sinkfield halfe a handfull, and a few Columbine leaves: these must be sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the evening, and at such times as your throat is dry.

Another for the falling of the Evalew, or other paine in the throat.

TAke a handfull of red Sage, a spoonfull of Dill-seed, a peece of leaven:

leaven: boyle these in a little new milk til it be thick: then lay it on four fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and bind the clothes, and do this as often as need shall require: for it hath beene proved.

A Salve for a greene wound.

TAke a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boyle them all together upon a soft fire, and straine them.

A water to heale all sores in legs, and ulcers.

TAke a pound of Roch-Allome, 4 ounces of greene Copetas: beat them somewhat small, and put them in a pan on the fire, ever stirring them till they bee molten and dryed againe,

againe ready to be powdred, and beat them againe in fine powder, and keep them to your uſe. When you will make your water, ſet a pottle of faire Conduit-water over the fire till it boyleth faſt: then take it away, and as ſoone as it leaveth boyling, caſt abroad your powder on the water, the which will make it to boyle: as long as your water riſeth, ſo long caſt your powder in; and when it leaveth riſing & is black in the bottome, then it is perfect: then, if you ſee a dangerous ſore lug, firſt caſt your powder preſently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it up: doe ſo till the Vlcer bee cleane.

A very good water for a ſore mouth.

TAke of Conduit-water a pint, one handfull of Hyſop, of white wine, and of Almonds a pound, of Roſes three ounces: ſeethe them altogether till

till the herbs be tender; then take it from the fire and ſtrain it, and keep it for your uſe: you muſt alwaies waſh your mouth, and rub it after meat, and in the morning.

A Caſte to breake any ſwelling that is ready to breake.

TAke of Commine, of Hyſop, and of quicklime a like quantity, bray them together in a Mortar, till it be very fine: when you would open an Impoſtume, lay it as big as an haſell Nut upon the next place, and bind it very hard, and let it remaine there 4 houres: then take it off, for it will make the place dead, and then you may let out the matter, without griefe to the patient.

A Caſtus Plaiſter.

TAke of Litrage of gold powdred very fine, common oyle, hogs greaſe

a pound, white Coperas foure ounces: put them al together in a brazen pan, and seethe it over a very soft fire of coals, and try it continually untill it come to a body; & in the boiling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonfull; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made up in a rowle, and then make it up.

To make Populeon.

TAke of Populer buds a pecke, of hogs grease foure pound: seethe them both togeather a quarter of an houre, and then take it off and strain it: if it be too thin, put in a little Wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheepes Suet, common Oyle, a like quantity:

rity: beat these small, and put them in a brazen Pan, and melt them all together: then take them off the fire, & straine them thorow a coorse linnen cloth, for the Pitch will not bee molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Egg.

Maturacum Pultnis.

TAke Onions, Garlick, Dow, Lily-roots, a like quantity: roast them al in a wet cloth under ashes, and then put them in a Mortar, and beat them small: this is good for all Impostumes to break them out.

A Medicine to heale old sores.

TAke Plantane, Bramble tops, Orpin, Bettony, Egremony, of each a handfull: straine them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheeps suet, of each foure ounces;

ounces: boyle all them tog ther till the juyce be confirmed: then straine it and keep it to raise flesh, and heale old sores.

A plaister to heale old sores after they be made cleane, and filled with flesh.

TAke Sallet oyle halfe a pint, Lead a quarter of a pound: boyle these till they bee black, and keepe them for your use.

To cleanse a sore, and take away the dead flesh.

TAke Wood bine flowers, white Roses, Plantane, and still them together; and when it is stilled take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sun for ten or twelve dayes, and so wash the sore withall.

A Medicine for a sore throat.

TAke a pint of milke, halfe a handfull of Columbine leaves, halfe a handfull of Gasell, and halfe a score leaves of Sinkfield, to lewes-eares, and so the party must use it evening and morning and gargase it in his throat.

A Medicine that will heale any wound or sore, and keep it without proud flesh, or dead flesh.

TAke halfe a pound of wax, a quarter of a pound of Sheeps suet, a quarter of a pound of rosin, and a quarter of a pound of Turpentine, halfe a pint of Sallet oyle, two handfuls of Bugle which grow in the wood, a handfull of Smallage, a handfull of Malloves, a handfull of Valerin, a handfull of Grunsell, and a handfull of Balme: stamp and straine the herbs

herbs, and put the juyce into the foresaid things, being a while boyled: then seethe them together a quarter of an houre: then take it from the fire, and let it stand till it be cold: then take away the Smallage from the bottome: then take some of your Balme-water, and put into it so much as will make it greene, and let it boyle together halfe a quarter of an houre, and so take it to your use.

A Clister.

TAke Camomile, Bettony, Dill, Pellitory of the wall, Hysop, Rue, of each a handfull: boyle these in the broth of a Sheeps head, till the broth bee very slipperie: then take a pint of the broth strained, and put two of the Pils of Diabes, of each a crowne weight and a halfe; Diacatholice, Diaphenicon, of each halfe an ounce; Oyle of Camomile, Oyle of Dill, of each an ounce, a little

little ſalt, & a gliſter: if you will have it breake winde, put into the foreſaid Commine ſeed, Fennell ſeed, Aniſeed, of each bruiſed two good handfuls, and boyle all together, and ſtrain it, and make it as aforeſaid, and put in the gliſter.

To take away the heat of a burne, or out of a ſcald.

TAke egges, and roaſt them as hard as a ſtone: then take out the yolkes of them: then take a frying pan, and put in the yolks of the hard egges, and ſo let it fry til it come to an Oyle: then ſtraine it, and annoint the burne withall: then take a bladder, and anoint it with Sallet oyle, and lay it on the burne.

To make another Gliſter.

TAke running water, two handfuls of Camon, a handfull of Mallowes, a handfull of Worme-wood a

 han-

handfull of Mercurie, an ounce of Commine, two ounces of Fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehome, a quantity of knotted grasse, a quantity of Ribervertum, and a quantity of Polipody: stamp them all together, and straine them in ale, and then give the patient the same to drinke cold, and trusse him up with some bolster, and let his diet be but competent, eschewing all slippery meats, as butter, and such like: provided alwaies, that the patient keepe his bed six or seven dayes, lying upon his back, and sometimes hold his belly with his hand.

To

To make a Poultis for ſmelling.

TAke the crum of Manchet, and ſeethe it in milke till it be thick: then put in a peece of new Butter about the quantity of a Walnut, or ſomewhat more.

For the Rheume.

TAke a little quantity of Maſticke, and as much Pellitorie of Spaine cut in ſmall peeces: ſew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Maſticke be conſumed, and ſpit in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantity of Gum of Ivie: put it in a little bag of linnen, then wet your bag in Aqua-vitæ or Vinegar, and keep it in your mouth till the Gum of Ivie be conſumed: hold the

bag over or upon the hollow tooth.

A water for the eyes.

TAke a pint of white wine; then heat a stone called Lapis Calaminaris, red hot nine or ten times in the fire, and quench it every time in the wine: the last time you quench your stone, stir it about in the wine, then keepe your water in a cleane glasse, and let it stand, use to put in your eye one drop or two morning and evening.

For the eyes.

TAke Rosemary, Houseleeke, red Fennell, and roast an egge, and take out the yolke: beat these herbs together and straine them.

For the paine in the head.

TAke of the best sallet oyle you can get, and the flowers of wild primroses,

roſes, and put them into the oyle, and then ſet it on the fire, and let it boyle halfe an houre very ſoftly: then put it in a glaſſe, and ſet it in the Sunne three weekes, and then rub your temples evening and morning. E.C.

A Gargus for to purge the head.

TAke a pint and a halfe of Wine-Vinegar, Muſtard ſeeds, Ginger, Cloves, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten, put it into the liquor, and ſtir them together for the ſpace of a week: then gargaſſe it every morning before you uſe the oyle to your head.

For a Pin and a Web.

TAke the oyle compacted of the bone of a Gooſes wing, and rub it in the palme of your hand, that no ſhivers of the bone doe ſtick in it, &

put it in with the point of a pin: for the bigneſſe of a pins head is enough at once.

For a ſwelling.

TAke Barrowes greaſe, and Sothernwood, and Aqua vitæ, and boyle it together: and when you have boiled it, ſtraine it in a pan.

For a bone-ache.

TAke two or three handfuls of Camomile, a quarter of a pound of ſheeps ſuet chopt ſmall, and a peece of ſtone-pitch of the quantitie of a Walnut, and a peece of leavened bread in it crumbled very ſmall: boile it in your owne water, till it be very thicke, that you may ſpread it upon a cloth like a plaiſter, and lay it on the place where the ache is for foure and twenty houres, and ſo dreſſe it three times: if you doe, it will take away the ache.

A good Salve to beate is when it is broken.

TAke a quantity of Bores greafe, of Wax and Rofin, of each a like quantity: you muſt ſcrape the Wax, and beat the Rofin, and boyle them together till they bee melted: then take Lapis Calaminaris and Roch-Alome, as much as a heath of each, and beat them together: then take a ſpoonfull of Engliſh Hony, and put them together, and boyle them againe; and when it is well boyled, powre it into cold water, and make it up in rowles, and keepe it for your uſe.

A Medicine for a bruiſe.

TAke a quantity of Stone-pitch, as much gray ſope, and beat the pitch finely to powder, and boyle them together with ſtirring till it be boyled: then take it of the fire, and

let it coole, and then spread it upon a clothe and lay it to the grefe: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spred with the same.

An oyntment for an Ague-sore; or other sores, and for swellings.

TAke a Bryomeroot, and cut off the outside thin: some doe call it wild vine: slice it, and lay it all night in a pint of Sallet oyle, and then boyle it, straine it, and keepe it for your use: for this is good to anoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet-oyle, and as much red Lead as you can buy for two pence, and boyle them together, and keepe it stirring till it looke blacke: then take as many cloths as you think will drink up the oyle and the Lead, and then coole it, and keep it for your use.

This oyle and Lead is good for Ague-

Ague-sores and other sores. Remember to anoint the sores with the ointment aforesaid first, and then lay on the Seare-cloth, doing this twice a day, till the sore be whole. And for swelling, you must use the Bryome-roots and the Oyle only, without the Oyle and the Lead.

An approved good Medicine for the Tooth-ache.

TAke Rose-water, either red or damaske: take yellow wax a quantity, and fresh butter, of either an equall quantity, and mingle them together in a dish upon the coales, and then take a linnen cloth, and dip it therein, and lay it to that side of your jaw where you are grieved, as hot as you can suffer it; the hotter, the better.

A Medicine for the bloody Flix.

TAke two tostes of cheat-bread, & toste them; and two eggs, and roste

roste them hard, and take the yolkes of them, and the liver of a chick, and beat all this together small: then put all this into a pint of Charne-milke; then take halfe an ounce of Cinamon: beat it small, and put it in the medicine, and then take of it e'vening and morning fasting, for so it most availeth you: but if your stomack be weake, then put in some sugar to sweeten it.

For the Pin and web in the eye.

TAke the juyce of Parsly, and halfe as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must dresse it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Sitterory, a pretty quantity of it, and mingle it with some Boares grease,

greaſe, and ſpread upon the cloth, and warme it againſt the fire, and lay it to the place.

A Medicine for a greene wound.

TAke a quantity of Venice turpentine, and waſh it in faire water till it be white: then take a plaiſter thereof, and lay it to the wound till it bee drawne; then take the yolke of a new laid egge, and adde thereto a ſmall quantity of fine wheat flower, and a little freſh butter, and mingle them togethe, and lay a plaiſter thereof unto the wound after it is drawne, with the Turpentine.

Another Medicine to be taken inwardly for a greene wound, to be taken in Ale, or Beere: it is likewiſe good for the ſhutting of a bone broken or out, either for man or beaſt.

TAke juyce of an herb called Bonwort, to the quantity of 3 or foure ſpoon-

spoonfuls or more, according to the stomacke of the partie that is hurt: take the same quantity and drink it either in the milke, or as before is written, three or foure severall mornings fasting, of ofter if you will, and it will free the party: when the herb is not to bee gotten, then you may use the root, and it will availe as much.

If the wound be but little, either this drinke, or the medicine before written, will help it: but if it be great, you must use both together.

For to heale wounds and sores.

TAke Rosin and Frankincense, of each foure ounces, of white Wax and Olibanum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint: melt the Rosin, the Frankincense, and the Harts suet together; then straine it in a pan, and put thereto all the white

Wax,

Wax, the Olibanum, and the Mastick made into powder, and the white wine: boyle all together till the wine be consumed: then take it from the fire, and stirre it till it be almost cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantity, Nigella-romana seed a little bruised, a French crowns weight: boyle all these in posset-drink made of white wine and Ale: a good draught evening and morning you must drinke.

A Medicine for the head-burning that long time hath beene.

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head,

and all the bloud shall be taken away: this is a precious oynment.

For to set a bone, or heale a broken bone in man or beast.

TAke the juyce of Comfrey roots, and wild Daisie-roots, and boyle them with Turpentine and yellow wax, and make a flat plaister thereof, and lay it to the griefe, and set splinters about it, and rowle it to keepe it fast: once in five dayes, untill it bee whole: you must drinke the juyce of the roots nine dayes in some liquor, either to man or beast, when you use the plaister.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely sifted thorow a sieve, and let it seethe till you make it up like Suppositaries: then take it up, and cut off the ends of a Race of Ginger, and grate in, and mingle

mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them up as you doe Suppositaries: then lay a plaister on the place, and use this till you be whole.

A Medicine for a Rupture in old or young.

TAke Knotwort, Rib-wort, and Comfry, of each a like quantity; wash them, and dry them, and set them in the oven when the bread is drawne, that so they may dry: then beat them to powder: then fearce them finely thorow a Searce or Seive; and looke what quantity you take of the herbs when they be dried, take halfe so much Anniseeds, and beat them with the powder of the herbs, and fearce them: and thus having made the powder ready, when you will use it, take as much of the powder as you can lay, or take upon a good broad six pence, and fourteene mornings together give it

sothe party to drinke with a little Malmsie fasting, and anoint the place first with oyle of Spike mingled with any other thing: and also take such herbs as you make your powder of, and seethe them in faire running water untill they bee tender, wringing the water out of them, and apply them to the place as hot as the party can suffer it, and let not the trusse be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knotwort beares a little watchet-flower. This hath beene proved on children so borne, and on old folks that have beene foure and twenty yeares broken, and doth help all sorts, that with good usage doe not abuse themselves, through the grace of God.

A Medicine to be used during all the time of the Plague; good against Infection.

TAke a pint of white wine vinegar, and halfe a pint of Jene Trekle, and a quantity of Bole Armoniacke, otherwise called Bolles verus, and stirre all this together, and take three spoonfuls in the morning fasting, and fast an houre after it, and take three spoonfuls an houre after supper.

Another Medicine for paine in the head.

SEethe leaves of Agrimony with Hony, and give them to drink, and draw it thorow a cloth, and keep it in a box, and therewith anoint your head, and wash your head in the water that Celandine is sodden in.

For the aking of the head.

SEethe Puliol in Ayſill, and then put it in thy noſe. Take Rue and Fennell, and ſeethe them together in water, and waſh therewith the head

For a Felon of the head that ſwelleth the head of a man: and that before written is for the ſame.

TAke the greaſe of an Hart, and Hony, and Barly meale and Otetreſt, and Moycell, and ſtamp them together, and after ſhave thy head; then make a plaiſter, and lay it to thy head as hot as you may ſuffer it, and let it lie till it be whole.

For all evills of the head.

TAke Rue, and ſtamp it with ſtrong Ayſill; mingle it, and waſh the head therewith.

For

For the Carbuncles or the Postume in the head.

TAke Wormwood, Origanum, Mayten, by even portions, and seethe them in sweet wine, and after that wring out the juyce, and lay it to the eares of the sicke with two sponges, as hot as he may suffer it, use this two or three times, and he shall be whole.

For the Megrim, Palsie, Dropsie, Feaver, and all manner of aking in the head.

TAke a penny-weight of the root of Pellitory of Spaine, six penny-weight of Spicardy, and grinde them together, and seethe them in good Vinegar, and take a Saucerfull of Hony, and five of Mustard, and when the liquor that is boyled is cold, put thereto the Hony and the mustard, and stirre them well together, and let the sicke use thereof

halfe a ſpoonfull at once, and hold it ſtill in his mouth the ſpace of two Creeds ſaying, and then ſpit it out into a veſſell, and doe ſo ten or twelve times; a good while after he hath eaten at noone, and a little before, even ten or twelve times: and when he goes to bed, take and waſh cleane his mouth, and drinke a draught, and goe to bed: uſe this Medicine three dayes, and he ſhall be whole.

For the head ache.

TAke and ſeethe Vervine and Betony, Siſſes, & Wormwood: waſh the parties head with the water thrice in the week, and take the herbs, and make a plaiſter, and lay it upon the upper part of the head on this wiſe.

TAke the herbs aforeſaid when they are well ſodden, and wring out the juyce of them, and then ſtamp them in a mortar, and temper them with the water wherewith they were ſodden.

ſodden, and put thereto the bran of wheat for to hold the juyce of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaiſter under it as hot as the ſicke may ſuffer it: doe this three times and he ſhal be whole.

Another.

CLoves comfort the ſtomack, liver and heart: they help digeſtion, and ſtop the belly: they quicken the eye-ſight, and ſcowre away the clouds and hawes of the eyes: they are good againſt all cold diſeaſes, and they are hot in the third degree. The oyle of cloves is very good for a cold ſtomacke, and for any other place that hath need of warming, as a humaticke braine.

Another.

TAke of litrage of lead foure ounces; of Vinegar, common Oyle, a

like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oyle, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two houres together; it must be as thick as your green salve.

Another.

TAke Camphory, Hearts-ease, Privie, Plantane, of each of them a handfull; bruise these in a Morter, and put thereto Harts suet, fine Sallet oyle, of each dim.li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or brasse pot, and put thereto Wax and Rosin broken in small peeces, of each dim.lib. let these boile all together over a fire of coales, till the juyce of the herbs bee consumed, and the ointment greene; then strain it thorow a canvase-cloth into some pot that you will keep it in, and when it begins to be cold, then put thereto foure

foure ounces of Venice turpentine; ſtirre all togethet until it be thorow cold, and keepe it cloſe covered.

Another.

THe Wine of Eye bright is made for the eyes, by putting the herbs into the Muſt till it be perfect Wine; whoſe uſe make the eyes of old men looke young: for it is hot and drie; and the powder of it beaten with the yolke of an egge, worketh the ſame effect: the powder received in Wine, if the Wine be too ſtrong, put in Fenell-water or Sugar.

A Medicine againſt the ſtone in the back or bladder, or for the weakneſſe of the backe, which is called the running of the reines.

TAke Venice turpentine, and waſh it in Roſe-water, either red or damaske, untill it looke white: then divide it into ſmall bals, as you may eaſily

easily swallow to the full quantity of three hasell-nuts or thereabout: then roule them in Sugar, to make them the more ease to bee taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure severall mornings together, and in your water you shall find much gravell.

To take away the pock holes, or any spot in the face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it upon your face till it bee drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red Cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of five or six egges, a handfull of fine Sugar, and as much Rose-water, and put them in a pottle of creame of the thickest you can get: beat them all together: as the Snow riseth take it off with a spoone: you must beat it with a stick cloven in foure: then must you take a loafe of bread, and cut away the crust, and set it upright in a platter: then set a faire Rosemary-branch in the loafe, and cast your Snow upon it with a spoone.

A Medicine for the Piles.

TAke the herb called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the stalke, the leaves look [illegible]. Take the juyce and boyle it with fresh butter a little while, and keep it close, and use it

it evening and morning: if a Cowes udder be ſtung or bit with a Snake or ſuch like, take Lavender, and waſh it cleane, and ſeethe it in chamber lie a good while, and waſh it evening and morning warme: you may put a little freſh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approved.

TAke Water-ſuck leaves, otherwiſe called Hogwort leaves, Ally-houſe, Daiſie roots, leaves and all, and a little Roſemary; waſh them, ſtamp them and boyle them in cream till it is butter: then ſtraine them, and apply it warme to the burne; pricke the Water-ſuck leaves, and lay them upon it, dreſſing it twice a day, or three times, if need be. To heale a ſore put Turpentine, Roſin, and Wax in it, dreſſing it with Lint.

For

For the Stitch.

TAke Stitch-wort, Bay leaves, Holly without prickles, of each a like quantity, the juyce, graines beaten: drinke it in Ale warme.

For the swelling.

TAke the grounds of good Ale, Glovers threds, and white bread crummes, and Sage: boyle them, lay it to warme: it will swage the swelling and the ache: it hath beene proved.

For the Tooth-ache.

TAke Organy that groweth close to the ground, and tasteth like Aquia vitæ: bruise it, lay it to the tooth; Bursa pastoris will doe the like.

For

For a Bite, or Felon, or sore leg.

SEethe a pint of Ale to two spoonfuls, like a syrup: pricke a peece of leather with a pinne: it will heale it without breaking: if it bee broken, take lint to the hole with some salve: let it lye foure and twenty houres: lay it to cold.

For the Scratches of a horse legge.

TAke Vinegar, Mustard-seed, Gunpowder, boyle them: wash it hot three or foure times; proved.

For the Gowt.

TAke Mallowes and Sengren: beat them, and boyle them in water: then straine them, put Oat-meale-groats soked in vinegar, and sheeps suet untried: then boyle it to a poultis; proved.

For

For the Ague.

TAke a red Onion cut ſmall, ſix and fifty graines of Pepper beaten mall: bind it to the wriſt halfe an houre before the fit; proved.

For the Gout.

TAke a fat Whelpe of a Hound: ſcald him like a Pig: garbage him in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolkes of egges: ſtuffe the belly, and ſew it up: roſte it with a ſoft fire: ſave the dripping: anoint the place: it is good for ſinewes and crampe: it will drive it away: for the like effect, Oyle, Nettles, Whitewine, boyle them, apply them hot.

For the Sciatica.

TAke the gall of a Bull, a quart of wort: boyle it to a pint: then put in

in a pint of Vinegar, frankincense, one ounce in powder, of Hony halfe a pound, of Comsine halfe a pound in powder: boyle it thick, spread it on leather, lay it to hot two or three dayes: lay a linnen cloth between the skin and the plaister; the plaister will serve many times; proved.

For the Tooth ache.

A Llome as big as a Walnut, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twenty foure houres or more.

For to stop the bleeding of a wound.

THe wooll of an inke-horne; Sanguis draconis, and Bollarmoniek, and the whites of egges laid on too.

For

For a Consumption either for old folkes, young folks, or children.

TAke Long-wort, Liverwort, Harts-tongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parsley and Fennell-roots, the pithe out of each, halfe a handfull, Liquorice an ounce, Annis-seeds an ounce, Sceeny two ounces, Turbet an ounce, Capriates two ounces, Cinamon an ounce, Nutmegs, two ounces, white Sugarcandy foure ounces, Rubarb an ounce sliced: stamp your spices, and your seeds, and beat your other Apothecary-stuffe, and sifted your herbs fine: boyle it in three quarts of Rennish-wine to a pottle; straine it; drinke foure times a day a quarter of a pint at a draught warme; put in a penniworth of Aqua vitæ, and as much Saffron beaten fine: after it is boyled, if the Patient be laxative, leave out your Rubarb, Sceeny, and Turbet, and

boyle

boyle it in wort; it is beſt in wort for children: for aged folks that be weak boyle in the ſtone of a Boar, or a Ram, or a horſe is beſt; one ſtone is enough for one time: you may take one to purge, and another not to purge: the ſecond receit is enough; purge firſt.

To make one make water.

TAke the ſtones and kernels of Peaches and Medlers: beat them fine: ſift them thorow a ſearce; put in Sugar, drinke it in white-wine.

To make a Seare-cloth.

TAke a pound of Stone-pitch, as much Roſin as a great Walnut, and twice as much clean Wax, a ſpoonfull of freſh ſwines greaſe; boyle all together till it be well mixt, then coole it in water; then oyle your hands with Hogges greaſe, and labour it in your hands an houre and more, till it will cleave to your hands.

For the same, and the best for all manner of aches.

TAke Rosin dim. li. of Perroson a quarter of a pound, as much Gummastick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of Cloves and Mace, of Saffron two ounces, the liquor must be Oyle of Roses.

A Soveraigne Medicine for a great ache.

TAke Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without Salt as much as a great Walnut; boyle it on a chafingdish of coals halfe an houre, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to foure or five dayes.

To

To make a good Oyntment or Salve for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of Brown-wort, as much of Hony-suckles, as much of Tursane, as much Velerion: boyle all these in May-butter till it be browne: then straine it, and put in a quantity of Virgin-wax: then boyle it againe.

A good Receipt for all manner of sores, old or new, named, The gift of God, praist be to him.

TAke Bettony, Vervin, Pimpernel, Bugle, Smallage, Plantane, Scabeas-water, Agrimony, of each alike, stamp them together; boyle them together in a gallon of white-wine to the third part; then straine them, and put to them a quantity of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin, dim. lib. of pitch,

one

one lib. of Olibinum, and boyle it againe.

For Bags in the Fundament.

TAke the yolke of an hard egge roasted, the oyle of Roses, and Marigold-leaves: beat it together, lay it to hot.

To kill a Tetter.

TAke greene broome: boyle it in a quart of running water halfe away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Tormentill, or Scabeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

For

For one that is taken within the body, or any place.

TAke Rose-cakes, Aqua-vitæ, and Rose-water; heat it on a chasing-dish of coales; lay it to the stomack, they shall mend by Gods grace.

For the Ague or Cold.

TAke greene Alder slickes; take the inner rind, a handfull; beat them, drinke it in Ale fasting; fast three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a spoonfull of juyce of Orenges, as much Aqua-vitæ, mingle it with a yolke of a new laid egge in the shell, sup it up fasting once or twice.

K. Henry the eight his perfume.

TAke six spoonfuls of compound water, as much of Rose-water, a quarter

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Civet; boyle it softly together: all the house will smell of Cloves.

For the Strangurion.

TAke Horehound one handfull & a halfe, red wine halfe a pint, oyle olive five spoonfuls: boyle it together, put it in a linnen cloth to the small of the back, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stone-flower, and Hony: boyle it thick: apply it to.

For the Gout.

TAke Worme-wood, Wall-wort, Wheaten bran, Cow-dung, and salt; boyle it in vinegar: plaister it to the griefe.

For a Bruise.

TAke halfe a pint of Sallet oyle, as much oyle of Roses, as much Aqua

vitæ, and three or foure score Snailes that beare shels: stampe them small, and boyle them to oyle.

To keepe one laxative.

TAke a new-laid-egge: put out the white, then put in new butter unsalted; heat it, then eat it, use it often.

Two remedies very good against Wormes in little Children.

TAke flowre of wheat well boulted, as much as will lie upon three crownes of gold; put it in a glasse, and powre into it Wel-water so much as will steepe the said flowre, and make it looke as it were millie, and no thinner: then give the child drinke of it, and you shall see with his excrements the wormes come forth dead, which is a very good remedy.

The second remedie against Wormes.

FOr children that be so little, that the medicine cannot bee ministred at the mouth, you must take very good Aquavitæ, wherewith you must wash or wet the stomacke or brest of the child: then powre it upon the said place with the powder of fine myrrh, and lay the child down a little while with his brest upward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

To heale children of the Lunaticke disease, which happeneth unto them by reason of a worme with two heads, that breedeth in their bodies: the whith worme, comming to the heart, causeth such a passion in the child, thus oft times it kils them.

Take the tender stalkes of a Wilding-tree, & dry them in the sun-

dow: then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of myrrhe: all these well beaten to powder, you must put in a dish, or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe: doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedie for the Falling-sickness.

TAke Germander gathered in May, when it is in the blossome: dry it in the shadow, and make it in powder, and when you will use it, take the yolke of an egge or two, and stir and break it with a spoonfull of the said powder: then seethe it, and give it to the Patient to eat: doe this morning

ning and evening eight daies, abstaining from wine, carnall company of women, from all Pulse, Beans, Pease, Verches, Tares, and such other, from Sallets, Salt fish, and from all other things that are hard of concoction and digestion; a very good and notable secret.

A Medicine to cure the biting of all venomous beasts.

AS soone as the party feeleth himselfe bitten with any venomous beast, or as soone after as may be, take greene leaves of a Fig-tree, and presse the milke of them three or foure times into the wound: and for this serveth also Mustard seed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

TAke the juyce of Valerian, in the which wet a tent, and put into the

wound, laying the said herb upon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

For a knock or fall, causing a bunch upon the head.

TAke an ounce of Bay-salt, raw Honey three ounces, Commin three ounces, Turpentine two ounces: mingle all these well upon the fire: then spread it upon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedie against the Plurisie

OPen a white loaf new baked, in the middle, and spread it well with good Treacle on both parts, upon the crummie sides, and heat it at the fire: then lay one part upon the place of the disease, and the other

part

part on the other side of his body directly, and so bind them that they stir not, leaving them so a day and a night, or until the impostume break, and then take away the bread, and immediatly the Patient will spit forth the putrifaction of the impostume; and when he hath slept a little let him eat, and by Gods help he shall shortly be well.

A very good remedy for a wound with a sword, staff, stone, or such like.

TAke Taxus Barbarus, stamp it, and take the juyce of it, and if the wound bleed, wipe it and make it cleane, washing it with White-wine or water; then put the juyce upon the wound, and the herbs upon it, out of the which you tooke the juyce: then bind up the wound, and in one day you shall see a wonderfull effect.

Against the disease or griefe of the Flank and the Chollicke passion, experimented and proved diverslines.

TAke halfe a glasse or lesse of the juyce of Barbaries when they be very ripe and red, and put into it as much red Corall as will lie upon two groats, well broken into powder, and give the Patient to drink thereof.

Another perfect remedie for the same disease, and to make a man pisse within halfe an houre, that hath not made water in three or foure dayes, and will breake the stone within ten or twelve dayes.

TAke fine powder of Virga aurea, and put a spoonful of it into a new laid egge soft rosted, and give the Patient thereof in the morning to his breakfast, and let him not eat in foure houres

houres after, and then he ſhall make water in leſſe than halfe an houre, and let him uſe this for the ſpace of ten or twelve dayes as aforeſaid: the Patient ſhall void the ſtone without any paine or griefe.

A remedy for ſpitting of blood, occaſioned by the breach of ſome veine in the breſt.

TAke Mice-dung beaten in powder, as much as will lie upon a groat, and put it into halfe a glaſſefull of juyce of Plantane with a little Sugar, and ſo give the Patient to drink thereof in the morning and evening: continuing the ſame he ſhall be ſound.

Againſt the griefe of the Lungs, and ſpitting of blood, a remedie experimented and tried.

TAke an herb called Farfara, or Tuſſilago, at the Apothecaries, Vngula Gabalſina, in Engliſh called

Colts foot; in French, *Pas de lion*: incorporate it well with the lard of a hog chopped, and a new laid egge: boyle all together in a pan, and give the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemary leaves with the blossomes, if you can get them, and seethe them in White-wine with a little myrrhe and Cinamon, and you shall find a marvellous effect, if you use it often in your mouth.

Against the biting of a mad dog, and the rage of madnesse that followes the party bitten.

TAke the blossoms or flowers of wilde thistles, dryed in the shade, and beaten into powder, halfe a nut-shell full; put into White wine, and drinke it, and in thrice taking it you shall

ounces, and diſtill altogether: and when need is, then put a drop or two into the ſore eye: for it is good for all manner of diſeaſes in the eye.

Againſt the paine of the eyes.

TAke the yolke of an egge roaſted hard, and laid to with Roſe-oyle and Saffron: put in the juyce of Baſill.

For to ſee well.

TAke Eye bright, red Fennell, of each halfe a handfull: of Rue one quarter of a handfull: cauſe theſe to be diſtilled, and waſh your eyes daily with the water.

For the aking in the legge.

TAke a peece of ſowre leaven, and as much Barme, and as much black Sope: temper them all together, and ſo ſpread it upon a linnen cloth,

cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods help it will heale you in three or foure dreſſings.

A Diet-drinke for a Conſumption.

TAke a gallon of running water, meaſured by Ale meaſure, and put thereto an ounce of Cinamon, an ounce of Cloves, an ounce of Mace a dram and a halfe of After-roots, and boyle it till it come to three quarts: let this be your onely drinke till you doe amend.

A Medicine for the head ache.

TAke a handfull of Roſemary, two handfuls of Betony, and a ſpoonfull of Hony: and ſeeth them all in Malmeſie, and waſh your head therwith.

Another for the head-ache.

TAke five Nutmegs: grate them, and seethe them in Malmesie till they be thick: make a plaister thereof, and lay it to your temples.

For winde and shootings in your head.

TAke Egremonie and Cinamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remove, lay it where the paine removeth.

Another for the head-ache.

TAke a handfull of Camomile, a handfull of Penirial, a handfull of Sage, a handfull of Wheat-bran: chop them all together small; boyle them in a pint of sharp Vinegar till they be thicke, and thereof make a plaister, and lay it to the temples of the

the head as hot as you may suffer it, and it shall (by Gods help) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of the necke, and shift it every night when you goe to bed: use this as often as you see good: proved.

Another for the same.

TAke An ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it and lay it to the temples.

A Medicine for the Megrime in the head.

TAke Houseleeke and garden-worms, the greater part being Houseleeke: stamp them together, and put thereto fine flower, and make a plaister on a fine cloth, and lay it to the forehead and temples.

Another.

Another for the same.

TAke Mustard seed, and temper it with Vinegar: make an ointment thereof, and lay it to the Temples in plaister, and another in the nape of the necke behind where it is not sore, and it will avoid and shortly be whole.

A Medicine to keepe up the pallat of ones mouth.

TAke a peece of wheaten leaven, and Commine seed beaten in a mortar, a quantity of Bay-salt, and Red-rose-vinegar, and Red-rose-water: put them into a bag of cloth, and lay it to the mould of the head.

To dry up Rhume in the head.

TAke a quantity of dried rose leaves, the flower of Camomile, Basill, Mar-

Marjoram, all dryed; a quantitie of Cloves and Mace, grosse bruised; a Nutmeg, and a quantity of Dill seed, all quilt in a cap.

A Poultis to coole any place, either face, or any where else, that is red and full of hot pimples.

TAke Houseleeke, Mallowes, Purseline, Water roses, called Numium; beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stamp the herbs till they be thick like pap: then seethe it with a little Rose oyle and Wax, and then you may lay it on as a plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much brimstone beaten: myrrhe, Frankincense, of each foure drams, of Rose-water a pound; put all these in

in a glaſſe, and ſet it in the Sunne ten dayes, and then lay it on the places.

Another.

TAke the diſtilled water of Aſh-tree, Tamaredis oft eaten, wine of Strawberries laid upon the face.

Another.

TAke the diſtilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, ſo that they have heard before.

TAke the juyce of Bittaine, womans milke, that hath a man child; mingle them together, and dip a peece of black wooll in it, and put a peece of it into your eare, for the ſpace of ten or eleven dayes or more: if it happen that this will not take away the deafeneſſe, then take the milk of

a Cow, and seethe it with Oate-meale and juyce of Betrony, and lay it plaister-wise over the eares, night and day for a long time.

To make an oyntment for a Red face.

TAke halfe an ounce of Camphire, two drams of Sulpher vinum, and an ounce of Deeres suet, melt the suet & the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold and set them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercurie sublimate as a Beane, and twice as much Allome, and put them in a quart of faire water, and boyle them together with two or three cottes of Bay-salt, and bathe your face therewith often in a day

day with the same cold, and open the pimples with your fingers before you wash.

For a sore mouth.

TAke a quart of white wine, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two penniworth of Mercury, halfe an ounce of Roch Allome, a quantity of Rosemary, a greater quantity of Woodbine leaves, and three spoonfuls of Hony: seethe them together, and wash your mouth therewith.

A water for a Canker and sore mouth

TAke Rosemary-croppes, Sage, Singfield, Woodbine-leaves, Allome, live Hony, or pure Hony boiled in Spring-water, halfe a handfull of each of the foresaid herbs boyled in three pints of water, till they have boyled a third part away, and keepe it in a glasse stopped;

and

and wash your mouth with it.

For a Canker and soremesse in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the same Coperas be distilled or steeped two dayes and two nights: then straine the same softly thorow a linnen cloth; then take a spoonfull thereof, and wash your mouth and throat with it softly blood-warme, but drinke none of it. This medicin will not continue good above fourteene dayes; therefore you must make it fresh, as occasion serves: you must take it morning and evening.

A Medicine for the Mother that riseth in a womans sicke.

TAke Aqua-composita, and beat Bay-berries in powder, and put it into the Aqua composita, and put a spoon-

spoonfull or two in a draught of beer or Ale, and so drink it.

A medicine for the pricking of a needle or thorne in the joynt.

TAke faire boulted flower of wheat, and temper it with white or red Wine, a little Oyle-olive, and a few Rose leaves: seethe them together till it be plaister-thick, and lay it to as hot as you can suffer: it will draw forth the needle and ease the ache.

A Medicine for a Canker that eateth mans flesh.

TAke Wheat-bran of the smallest powder, the juyce of Smallage, the juyce of Woodbine, burnt Allome beat into powder, and a little honey, mingle all these together, and make a plaister of it, and lay it to the sore, and it shall destroy the Canker.

For a Bruise.

TAke Virgin-wax, and Comminseed well beaten: mix them together, and lay it to the sore plaisterwise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges ti. they be thorowly wrought together: cut away the haire, and so anoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

TAke Linseed, and boyle it in new milke: make a plaister thereof, and lay it to the grieved place.

A Medicine for a sore breast.

TAke Groundsill, and chop it small, the grounds of small beere, wheaten

ten bran, and sheeps suet beaten in a mortar: boyle them all together, and lay it plaister-wise to your brest.

A Medicine for smelled brests.

TAke white wine, wheat-bran new bolted, Rose-leaves old and new: seethe them till they be thicke: then lay it to the brest as hot as she may suffer it, from even to morning, and shift it againe.

To breake the fleame of the brest.

TAke butter without salt, and hony, of each a quantity, faire bitter Almonds: blanch them, and beat them fine, and eat a little every day.

A very good Medicine for any ache or sore brest, often approved.

TAke Frankincense, fine wrought Wax, Boares grease, and Rosin,

of each of them a like quantitie, and seeth them together to a cake; spread it on a cloth as broad as the sore or pain is, and lay it to foure and twenty houres, or twelve at the least.

An approved Medicine for a sore breſt.

TAke a handfull of Mallowes; seethe them very soft in faire water, and then let the water runne away from the Mallowes: then chop or shred them: then put them in a dish with Boares greaſe, and heat them very hot, and lay on a plaister of linnen cloth so your breſt, as hot as you can suffer, three or foure times a day heating it: this hath been approved very good.

A remedie for the paines of the breſt.

TAke Hylope, Parsley and Sage, stamp them together, and lay them to the breſt, and it will bee whole.

Another

Another for the stopping of the breſt.

TAke Rue, and ſeeth it with Alligant, and drinke it three or foure times.

A medicine for the bloody Flix.

TAke as much fine linnen cloth as will make a ſuppoſitarie, being wrapped together button wiſe: then wet the ſame in the beſt Aqua vitæ, or Aqua compoſita, and let the party grieved convey the ſame into his fundament, and it will help him by the grace of God, within three or foure dreſſings: this is approved, and hath holpen many that have been brought low, and thought paſt cure.

Doctor Smiths Medicine for the Collicke and Stone.

TAke Poſſet-Ale made of Rhennish wine: boyle Cammomile, running Time, Parſly, Pellitory of the wall,

with a good spoonfull of Comminseeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and use it as occasion serves.

A Medicine for the Chin-cough for a child.

TAke Boares grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a Lake.

TAke halfe a quarter of a pound of Almonds, and parch them upon two new tiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe a handfull of Knot-grasse, and halfe a handfull of Plantane leaves, and let them seethe a good while: then take

take the water and straine the foresaid Almonds therewith, and make an Almond milke thereof, and put in a peece of Sugar: then take Datestones, and beat them to powder as small as may be, and put some of that powder into the Almond milke: so drinke it luke-warme.

An excellent Medicine for a child that cannot part with his water or urine.

TAke three or foure hive-Bees: kill them: then drie them upon hot slate: being thorow-dry, bruise them to small powder, then put the powder into a quart of small Ale, and give the sicke to drinke, and he shall have present remedy.

A Medicine for the paine of swelling in the stomack.

TAke a good quantity of Rosemary flowers: boyle them in white wine, and

and as hot as may be suffered, apply it to the stomack.

An approoved Medicine for the Spleen.

TAke a quart of Claret wine, a pint of Oyle of Olive, two good handfuls of Camomile being shred small: boyle the Wine and Camomile together from a quart to a pint, and anoint the hardneſſe of the Spleen morning and evening therewith, and it will dissolve.

A Medicine for a Felon or Androme.

TAke rusty Bacon and Coleworte leaves: stamp them together: then take a peece of Dogges leather prickt full of holes, and spread it upon the leather, laying it to the sore twice a day; and when it begins to heale, but once a day.

TAke

A Medicine for the itch of the body.

TAke ſweet butter, unwrought wax, vinegar, brimſton, a little Roſe-water, red Cloves whole: boile them together til they be like ſalve: then anoint the fleſh three ſundry nights by the fire therewith, and no more.

A Medicine for the Canker in the body.

TAke Bollarmonack, Roch-Allom, and honey, then beat them to powder: take twice as much of the Allome as of the Bollarmonack, and ſtir them together till they come to a ſalve, and ſo anoint the ſore.

A Medicine for the heat or ache in the body, or legs, or elſewhere.

TAke red Docke-roots, and take out the over-pith, and ſeeth them in running water; then draw the

water

water from them, and beat it with thick creame, and so anoint the place that is grieved, or with a cloth dipt in the same, and laid over the place.

A Medicine good to cleanse the body.

TAke Balme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proved.

A Medicine for a Fistula.

TAke Vervine and dry it upon a tile and make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander-seeds fine beaten in powder, and drink it with Mint water.

To

To make a feare cloth for all manner of aches.

TAke a pound of unwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheeps suet, and boyle them all together, and straine them in a faire bason; then put them in a chasingdish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring worme or Tetter.

TAke red Dock-roots: slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

TAke wheat-flower, and bake a cake and cut it in the midst: then strike the dowy sides all over with Tarre, and lay it to the Patient as hot as may bee: you must lay one halfe of the

the cake to the one side of the Patiens, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a lapfull of wilde Mallowes, and seethe them in running water till they be tender, and then swing them, and chop them small; then take a penniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milk, and seethe it till it bee thicke, stirring it well, then lay it to the griefe as warme as can be suffered.

A Medicine for the Cough.

TAke Mustard-seed and put it into Figges: seethe it in Ale and drinke it.

A Medicine for the Mother.

TAke Rosin, and beat it very fine: put it into white Wine and Sallet-oyle,

oyle, and drinke it, and it will doe you good.

A Medicine for the bloody Flix.

TAke the pils of Pomegranates: beat them, and drinke them with red Wine morning and evening blood warme: then heat a brick red hot, and lay it under a close stoole, and cast Rosemary and Malmesie on it, and let the Patient sit over it.

A very good Medicine for the Piles.

TAke the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with barrowes grease, and boile them together, and anoint the Piles therewith, then take a chafingdish of coles, and set it under a close stoole, and cast a little Frankincense thereon, and let the Patient sit over it when they bee anointed

anoint with the aforesaid oyntment.

A Medicine for a burne.

TAke oyle of Roses, and womans milke: put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dropsie.

TAke Annisseeds, Coriander-seeds, Spikenard of Spaine: use this in your meat and drink eight dayes together, and it will doe you good.

A Medicine to dry a sore.

TAke a pot of Smiths water, a quarterne of Roch-Allome, halfe a

pint

pint of oyle of Olives, and put thereto a handfull of Sage, and boyle them together till they be halfe consumed: then use it to the sore, and it will drie it.

A Medicine for an ache that comes against raine.

TAke the hornes of a Stagge: cut them in small peeces, and boyle them in water, till it bee consumed from a gallon to a quart: then powre the water from the bones, and it will gelly when it is cold, and therewith anoint the grieved place against the fire evening and morning.

A Medicine for a burne or scald.

TAke Mallows and Smallage, seethe them in water: when they be tender take them forth, & wring out the water clean: chop them small, and set them on a chafingdish of coals, & put

to

to it a little sheeps suet, and make of it a salve, and lay it to the sore place thick, and lay a cloth upon it, and tie it on.

A salve for an old sore.

TAke the inner rind of an Oke that is not very old, and burne it to a coale: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salve.

To make a drinke for a burning Ague.

TAke a quart of running water, halfe a pint of Vinegar, halfe a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cinamon: boyle them all together, let it coole, and give it the sick to drink.

A Medicine for the heat of the Liver.

TAke wort of the first tap: drinke it every morning next your heart for a moneth together, and it will help you.

A Medicine to make a young child goe to the stoole.

TAke May-butter, and chafe the navill therewith against the fire: then take some blacke wooll that growes betweene a blacke sheeps legges: dip it in May-butter, and drie it: then lay it to the navill. It is good for an old man also that can take no inward medicine.

An approved Medicine for the Navill when it comes out with crying.

TAke wax which is used no other way but to take the hony from it, and when you have an occasion, melt

melt some of the wax in a Sawcer, and dip black woolln in it: lay it to the navill, and it will help it.

A Medicine for the swelling of a childs cods.

TAke Red-rose-leaves: bray them, and boyle them in red Wine an houre: then wet a cloth in it, and lay it to the childs navill as hot as you can suffer it.

A Medicine to stanch the flix.

TAke a Sawcer full of the juyce of Milfoile, as much of the juyce of Plantane, and wheat-flowre: temper it with the juyce of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch blood at the nose, or at a veine that is cut; proved.

TAke Feathers burned to powder, and lay it upon the veine that is cut.

cur, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it shall staneh whersoever it be; proved.

For to helpe a drunken man or woman for ever.

GIve him a purgation: after that, give him a Swallow to drinke in powder for the space of twelve dayes, and for a moneths space give him everie day foure Almonds to eat, with foure leaves of Woodbine beaten: you must eat them in the morning next your heart; proved.

For Scabs.

TAke Snailes, and pricke them, and take the water that comes out of them, and anoint the scabs therwith: take vine leaves, & bind them to the scabs, and doe it every morning and evening,

evening, and you shall be whole; proved.

To dry Scabs.

TAke Gum-arabeck: put it in Rose-water, till it bee consumed, and wash them therewith; proved.

For the Palsie or shaking in the hands.

TAke Sell and Eysill: seethe them together, and wash thy hands therewith, and eat Sage with Mustard fasting.

To restore a man to nature that is in a Consumption.

TAke the eldest Cocke you can get: scald him, draw him, and cut him all in peeces in a glasse pot: stop him as fast as you can, and put among these peeces Cloves, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these seethe together till they bee a gelly: then straine it into a cleane vessell, and

give

give it to the ſicke, firſt and laſt bloud-warme.

To reſtore the braine.

TAke powder of Bittany, and uſe it in your portage: it will reſtore the braine, & deſtroy the ſtone.

For a perilous Cough.

TAke Sage, Rue, and Commine: ſtampe them with Pepper: ſeeth them together with hony, and thereof make an electuary, and uſe thereof a ſpoonfull evening and morning, and by the helpe of God it ſhall doe you good.

For them that cannot ſee, and have red eyes.

TAke white vinegar, and rub upon a whet-ſtone in a faire baſon: take as much ſalt as powder, and grinde them well together in a baſon, and temper

temper them with Wine: and let it ſtand a day and a night, and put it in a viall of glaſſe: you muſt take the thinneſt that ſtandeth above in the baſon, and put in your glaſſe; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face and to make it white.

TAke freſh Bacon-greaſe, and the whites of egges: ſtamp them together, and a little powder of Bayes and anoint your face therewith, and it will make it white.

For a faire face; proved another way.

TAke Plantane and white Vinegar: ſtill them together, and waſh your face therewith fifteene dayes, morning and evening: after this, drinke a draught of Vinegar in the morning once in three dayes.

To

To make the face white and faire.

TAke Rosemary, and boyle it in white Wine, and wash thy face therewith, and thou shalt bee faire: then take Erigan and stamp it, and take the juyce thereof, and put it all togethter, and wash thy face therewith, proved.

To help the face with red pimples.

TAke Bay-berries, and plucke off the husks, and make fine powder thereof, and temper it with Honey: anoint your face therewith six times, and it will help you.

To draw broken humors out of the head.

TAke Betony, Vervine, and Rue: stamp them all together very small, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaister and lay it to the head.

To

To quench over thirst.

Take the roots of Lovage: wash it cleane, stampe it, and temper it with water: drinke a good draught of it five nights together, and drink not in two houres after it.

For one that speakes in his sleep.

Take Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For one that hath too much of the Flowers.

Take the foote of a Hare: burne it to powder, and drinke thereof with red Wine and Cinamon first and last nine dayes, and it will help her.

FINIS.

A

CLOSET

for Ladies and

Gentlewomen.

OR,

The Art of preserving, Conserving, and Candying.

With the manner how to make divers kinds of Strups, and all kind of banquetting stuffe.

Also divers soveraigne Medicines and Salves for Sundry Diseases.

LONDON,
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1635.

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An ſpeciall Note of Confectionary.

To preſerve Pippins red.

Take your beſt coloured Pippins, and pare them: then take a piercer, and bore a hole thorow them: then make ſirup for them, as much as will cover them, and ſo let them boile in a broad preſerving pan: put into them a peece of Cinamon ſtick, & ſo let them boyle cloſe covered very leiſurely, turning them very often: for, if you turne them not very often, they will ſpot, and the one ſide

will not bee like the other, and let them thus boyle untill they begin to gelly: then take them up, and pot them, and you may keep them all the yeere.

To preserve Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them as you did for the red ones: then make a weak sirup for them, and so let them boyle till they be tender; then take them up, and boyle your sirup a little higher, then put them up in a Gally-pot and let them stand all night, and the next morning the sirup will be somewhat weaker: then boyle the sirup againe to his full thicknesse, and so pot them, and you may keep them all the yeere. If you please to have them taste a pleasant taste, more than the parti-rall Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinamon, and that will make

them

them taste a more pleasant taste.

To preserve Pippins greene.

TAke Pippins when they bee small and greene off the tree, and pare three or foure of the worst, and cut them all to peeces: then boyle them in a quart of faire water till they bee pap, then let the liquor come from them, as you doe from your Quodiniacke, into a Bason: then put into them one pound of Sugar clarified, and put into this as many greene Pippins unpared as that liquor will cover, and so let them boyle softly: and when you see they bee boyled as tender as a quodling, then take them up, and pill off the outermost white skin, and then your Pippins will bee green: then boyle them in your sirup againe till the sirup be thick: and so you may keep them all the yeere.

To preserve Apricocks

OF Apricocks take a pound, and a pound of Sugar, and clarifie your sugar with a pint of water; and when your sugar is made perfect, put it into a preserving-pan, and put your Apricocks into it, and so let them boyle gently: and when they be boyled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserve a peare plum.

To preserve Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboyle them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them and preserve them

them as you doe any other thing, and ſo you may keepe them all the yeere.

To Preſerve Pomcitrons.

OF your Pomcitrons take one pound and a halfe, & cut them ſome in halves, ſome in quarters, and take the meat out of them, and boyle them tender in faire water: then take two pound of ſugar being clarified, and make ſirup for them, and let them boyle in ſirup a quarter of an houre very gently: then take them up and let your ſirup boyle till it bee thick: and then put it in your Pomcitrons, and you may keep them all the yeere. If you pleaſe, you may pare ſome of them: for, ſome delight them in the skin, and ſome, pared.

To preſerve Cherries.

OF the beſt and faireſt Cherries take ſome two pound, and with a paire of ſheeres, clip off their ſtalks

by the midst: then wash them cleane, and beware you bruise them not: then take of fine Barbary Sugar, and set it over the fire, with a quart of faire water, in the broadest vessell you can get, and let it seethe till it bee somewhat thick: then put in your Cherries, and stirre them together with a Silver spoone, and so let them boyle, alwayes scumming and turning them very gently, that the one side may be like the other, untill they be enough: the which to know, you must take up some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them up and keep them all the yeere.

To preserve red-rose leaves.

OF the leaves of the fairest buds take halfe a pound: sift them cleane from seeds: then take a quart of faire water, and put it in an earthen pipkin

pipkin, and ſet it over the fire untill it be ſcalding hot: and then take a good many of other red roſe leaves and put them into the ſcalding water, untill they begin to looke white, and then ſtraine them: and thus doe untill the water look very red: then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Roſe-leaves, and let them ſeethe together till they bee enough: the which to know, is by taking ſome of them up in a ſpoone, as you doe your Cherries; and ſo, when they bee thorow cold, put them up, and keepe them very cloſe.

To preſerve Orenges and Limmons.

TAke your Orenges and Limmons, large and well coloured, and take a raſpe of ſteele, and raſpe the outward rinde from them: then lay them in water three dayes and three nights; then boyle them tender,

and shift them in the boyling, to take away their bitternesse : and when they bee boyled tenderly, take two pound of Sugar clarified with a pint of water ; and when your sirup is made, and betwixt hot and cold, put in your Limmons and Orenges, and there let them bee infused all night : the next morning, let them boyle two or three walmes in your sirup : let them not boyle too long in the sugar because the rinds will bee tough : take your Limmons out, and boyle your sirup thicker and so when it is cold, put them up and keep them all the yeere.

To preserve Quinces.

OF your Quinces, take a pound; core them, and then perboyle them, and pill off the outermost white skin, and then weigh them, and put into them clarified Sugar one pound, and then boyle them closely covered upon a very gentle fire,

fire, putting unto them a ſticke or two of good Cinamon cut into ſmall peeces, and ſo ſtir them continually, that they may bee well coloured on every ſide: and when the ſirup is come to the height of a perfect gelly, take them off the fire, and ſo keepe them; for the higher your ſirup is, the better will your Quinces keepe.

To preſerve Peaches.

OF your faireſt and beſt coloured Peaches, take a pound and with a wet linnen cloth wipe off the white hoare of them: then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water: and being perboyled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and diſſolve it in a quarter of a pint of white wine, and boyle it almoſt to the height of a ſirup,

sirup, and then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if need should require: and then put them up and keepe them all the yeere.

To preserve Eringo-roots.

TAke your Eringo-roots, faire and not knottie one pound, and wash them cleane: and when they bee washed set them on the fire, and boyle them very tender; pill off the outermost skinne of them, but see you break them not; and as you pare them put them into cold water, and let them all remain there till all be finished: and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, & boyle it almost unto the height of a sirup, and then put in your roots, but look that they boile very gently together, with as little stirring as may be, for feare of breaking, untill they bee enough:

enough: and when they be cold, put them up, and ſo keepe them.

To preſerve Barberries.

TAke your Barberries very faire and well coloured, and pick out every ſtone of them, and then weigh them: and to every ounce of Barberries, you muſt take three ounces of hard Sugar; and with halfe an ounce of the pulp of Barberries, and one ounce of red roſe water you muſt diſſolve your Sugar, and then boile it to a ſirup: being ſo boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them up: and as ſoone as they begin to wax coole, put them up, and they will keep their colour all the yeere.

To preſerve Gooſeberries.

YOu muſt take you large Berries, but not thorowly ripe, and pick off all the ſtalks from them, and

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thicke si up: and then put in your Gooseberries, and let them boyle a walme or two; and so, betwixt hot and cold, put them up, and keepe them all the yeere.

To preserve Damsons.

TAke of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and pick them clean, and wipe them one by one: then weigh them, and to every pound of Damsons, you must take a pound of Barbary sugar, white and good, dissolved in halfe a pint or more of water: boyle it almost to

to the height of a ſirup, and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſilver ſpoone; and ſo let them boyle untill it be enough, upon a gentle fire: and when they be enough, take them up, and keep them all the yeare.

To preſerve Raſpices.

TAke of your faireſt and well coloured Raſpices, and picke off their ſtalks very cleane: then wath them, but in any caſe ſee that you bruiſe them not: then weigh them, and to every pound of Raſpices you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar-candy, and clarifie it with halfe a pint of faire water, and foure ounces of juyce of Raſpices being clarified: boile it to a weak ſirup and then put in your Raſpices, ſtirring them up and downe, and ſo let them boyle untill they be enough, that

that is, using them as your Cherries, and so you may keepe them all the yeere.

To preserve Enula Campana roots.

TAke of your Enula Campana Roots, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lie in water thirt daies, shifting them twice every day, to take away their bitternesse; weigh them, and to every pound of Roots, you must take twelve ounces of clarified Sugar. first boyling your roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyle upon a gentle fire until they be enough: and so let them stand off the fire a good while, and betwixt hot and cold put them up to your use.

To

To preserve Saterion roots.

TAke your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them upon a gentle fire as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleven ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they bee boyled enough, take them off, and set them a cooling, and so keep them according to the rest.

Here end the Preservatives.

To

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose water, and boyle them together till it come to Sugar againe: then stirre it about while it bee somewhat cold: then take your leafe-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candie Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and boile it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme

it

it, and put the Ginger in it: then tie it very close, and every second morning stir it about roundly, and it will bee rocke-candied in a very short space.

To candy Rose-leaves as naturally as if they grew upon the trees.

TAke of the faireſt Roſe-leaves, red or damaske, and on a Sunneshine day ſprinkle them with Roſewater, and lay them one by one, upon faire paper: then take ſome double-refined Sugar, and beat it very fine and put it in a fine lawne ſearce: when you have laid abroad all the Roſe leaves in the hotteſt of the ſun, ſearce ſugar thinly all over them: then anon the Sunne will candy the Sugar; then turne the leaves, and ſearce Sugar on the other ſide, and turne them often in the Sunne, ſometimes ſprinkling Roſe-water, and ſometimes ſearcing Sugar on them, untill they be enough, and come to your

your liking : and being thus done, you may keepe them.

To Candy Marigolds in wedges ; the Spanish fashion.

TAke of the faire yellow Marigold flowers two ounces, and shred them, and dry them before the fire : then take foure ounces of Sugar, and boyle it to the height of Manus Christi : then powre it upon a wet Pie-plate, and, betwixt hot and cold, cut it into wedges : then lay them on a sheet of white paper ; and put them in a Stove.

To candy all manner of flowers in their naturall colours.

TAke the Flowers with the stalks and wash them over with a little Rose-water, wherein Gum-arabeck is dissolved ; then take fine searced Sugar, and dust over them, and set them

them a dry ng on the bottome of a Sive in an Oven, and they will glister as if it were Sugar-candy.

To candy all manner of Flowers, Fruits, and Spices, the cleere rock-Candy.

TAke two pound of Barbary Sugar great grained, clarified with the whites of two Egges, and boyle it almost as high as for Manus Christi: then put it into a pipkin that is not very tough: then put in your Flowers, Fruits, and Spices, and so put your Pipkin into a Still, and make a small fire of small coles under it; and in the space of twelve dayes it will be rocke-candied.

To candy Eringo roots.

TAke your Eringo roots ready to be preserved and weigh them, and to every pound of your roots, you must take of the purest Sugar you can get two

two pound, and clarifie it with the whites of Egges exceeding well, that it may be as cleare as Chrystall, for then it will bee very commendable: it being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they be all candied, and so put them in a Stove, and keepe them all the yeere.

To candy Enula-Campana.

TAke of your fairest Enula Campana roots, and take them cleane from the sirup, and wash the Sugar off them, and dry them againe with a linnen cloth; then weigh them, and to every pound of roots you must take a pound and three quarters of Sugar: clarifie it well, and boyle it to the height of Manus Christi, and when it is so boyled, dip in your roots three or foure at once, and they will candy very well; and so

Stove

ſtove them, and keepe them all the yeere.

To candy Violet flowers.

TAke of your Violet flowers that are good and new, and well coloured and weigh them: to every ounce of your Violet flowers you muſt take foure ounces of refined Sugar, which is very white and faire grained, and diſſolve it in two ounces of faire running water, and ſo boyle it till it come to Sugar againe; but you muſt ſcum it often, leſt it bee not cleare enough: and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your Violet flowers, ſtirring them together till the Sugar grow hard to the pan: this done, put them into a box, and keepe them in a ſtove.

BIBLIOTHECA BODLEIANA

To

To Candy Gooseberries.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not be ſo good & with a linnen cloth wipe them very clean, and pick off all the ſtalks from them and weigh them: and to every ounce of Berries, you muſt take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and diſſolve them in an ounce or two of Roſe-water, and ſo boyle them up to the height of Manus Chriſti; & when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrink, and ſo ſtir them in round with a woodden Spatter till they bee candied; and thus put them up and keep them.

To Candy Roſemary-flowers.

TAke of your Roſemary-Flowers ready pickt, and weigh them; to every

every ounce of flowers you muſt take two ounces of hard Sugar, and one ounce of Sugar Candy, and diſſolve them in Roſemary-flower-water, and boyle them till they come to Sugar againe: which done, put in your Roſemary-flowers when your Sugar is almoſt cold, and ſo ſtirre them together till they be enough, and then take them out, and put them in a box, and keepe them to your uſe in your ſtove.

To candy Borage Flowers.

TAke your Flowers, and pick them very cleane, and weigh them, and uſe them in every reſpect as you did your Roſemary-Flowers, ſave this, that when they be candied, you muſt ſet them in a Still, and ſo keepe them in a ſheet of white paper, putting every day, a chafingdiſh of coles into your ſtill, and it will be candied very excellently, and that in a ſhort ſpace.

Here end the ſorts of Candying.

To make Paste of Pippins, the Geneva fashion,

some with leaves, some like Plums, with stalks and stones in them.

TAke your Pippins and pare them, and cut them in quarters: then boyle them in faire water till they be tender: then straine them, and dry the pulp upon a chafingdish of coles: then weigh it, and take as much Sugar as it weigheth, and boyle it to Manus Christi, and put them together: then fashion them upon a Pie-plate, and put it into an Oven being very sleightly heat: the next morning you may turne it, and put them off the Plates upon sheets of paper upon a hurdle, and so put them into an Oven of like heat, and there let them remaine foure or five dayes, putting

putting euery day a Chasingdish of coles into the Oven: and when they be thorow dry, you may box them, and keepe them all the yeere.

To make paste of Eglantine, of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water: then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced and worke it up into Paste with this straining: then print it with your moulds: then stove it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten and searced, and put into an Alablaster Mortar, with an ounce of Gum-dragagant steeped in Rose wa-

ter: and if you see your paste be too weak, put in more Sugar; if too dry, more Gumme, with a drop or two of oyle of Cinamon, so that you never deceive your selfe, to stand upon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keep them.

To make Paste-Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced Sugar, and Gum dragagant steeped in Rose-water, and worke it into paste, as you did your paste-royall white, and then you may turne it upon stickes made of peeces of Arrowes, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

To make an excellent Marmelade, which was given to Queene Mary for a New yeeres gift.

TAke a pound and a halfe of Sugar, boyle it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure small Quinces, one good Orenge-pill, both very well preserved and finely beaten, and three ounces of Almonds blanched, and beaten by themselves, Eringo-roots preserved two ounces and a halfe, stir these with the Sugar till it will not stick: and then, at the last, put in of Muske and Amber dissolved in Rose water, of each foure graines; of Cinamon, Ginger, Cloves and Mace, of each three drams; of Oyle of Cinamon two drops: this being done, put it into your Marmelade Boxes, and so present it to whom you please.

To

To make Conserve of Barberries.

TAke of your Barberies which are very red and ripe, and picke them from the stalkes, and then wash them, and put unto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulp them thorow a fine Searce, and to every pound of Pulp, take a pound of powder Sugar, and boyle them till it bee enough, that is, till it will cut like Marmelade.

To make Conserve of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one houre or two at the most, they will lose their colour, & do you very little service: therefore weigh them presently, & to every ounce of flowers, you must take three ounces of double refined Sugar, and beat them toge-

together in a Mortar of Alablaſter & a woodden Peſtle, till ſuch time as they bee thorowly beaten: for, the better the Flowers and Sugar be beaten, the better will your Conſerve be, let this alwayes be for a generall rule: and being very well brayed you muſt take them up, and put at into a Chafer cleane ſcoured, and ſet it on the fire till it bee thorowly hot: then take it off, and put it up, and keep it all the yeere.

To keepe cucumbers in pickle all the yeere.

TAke foure gallons of condnit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of ſweet Marjoram, and foure handfuls of Dill: let theſe boile till it come to three Gallons, and then take it off; and when it is almoſt cold put a hundred of cucumbers into that Liquor, into a Butter barrell, and keepe them all the yeere, but look that alwayes the herbs lie upon them:

them: and thus done, it will be a most excellent Sallet with Oyle, Vinegar and Pepper.

An exceeding fine Pill used for the Gowt.

TAke of Aloes two ounces, Masticke three drams, Agrick half an ounce, Ginger halfe a dram: let these be powdred very fine: then take of the extraction of Rubarb three drams, and with white wine let them be incorporated into a masse of pilles, adding unto them a drop of Oyle of Cloves, and as much of Nutmegs.

A Medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to every slip foure snailes, and put them into an earthen Pot, & sprinkle foure or five handfuls of Salt upon them, & then put to them Sage, Rue, Wormewood and Hyssop, of each foure handfuls,

fuls, and ſo diſtill them; and when you have diſtilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercurie is diſſolved, and ſo bathe the place infected with the Gowt, and it will eaſe them preſently.

To make Sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halves, and juyce them, but be ware you wring them not too hard, leſt it be ſlimy; and then take to every pint of juyce three quarters of a pound of refined Sugar, and boyle it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any caſe that you boyle it not on too hot a fire, leſt it burne: and then, when it is boyled enough, put it up, and keep it all the yeere.

To make Sirup of Violets.

TAke your Violets and pick the Flowers and weigh them, and then put them into a quart of water, and steepe them upon hot embers; untill such time as the Flowers bee turned white, and the water as blue as any Violet: then take to that a quart of infusion, and take foure pound of clarified Sugar, and boyle it till it come to a sirup, scumming and boyling them upon a gentle fire, lest it turne his colour: and being boyled put the Sirup up and keep it.

To make Sirup of Liquorice.

TAke your Liquorice eight ounces, and scrape it very cleane, and bruise it very well, and maidenhaire one ounce, Anniseed & Fennell seed of each half an ounce: steep these in foure pints of Raine-water halfe a day: and then boyle it to a quart: then take

take a pound and a halfe of clarified Sugar, and boyle it with that liquor till it come to a ſirup, and then put it up, and keep it.

To make Sirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts-foot a handful, of Time, Peniriall and Galamint, of each two drams, of Liquorice one ounce and a halfe, of Figs and Raiſons of the Sun, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennell ſeeds, of each a quarter of an ounce: boyle theſe in a gallon of faire water, till it come to a pottle or three pints, and then ſtraine it, and take three pound of Sugar, and three Egges, and clarifie that liquor and ſo boyle it to a ſirup, and ſo keep it all the yeare.

To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steepe these twenty foure houres in foure pints of Conduit water, and then boyle them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor upon a gentle fire of Charcoles till it come to a Sirup, scumming it very often, that it may be the clearer; for, the cleerer it is, the better it is: and being boyled enough, put it up.

To make Sirup of Hyssop.

TAke of Hyssop one handfull, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handfull, of French barly one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boyle them

them to a Sirup : and being boyled enough, keepe them all the yeere.

To keepe Cherries all the yeere, to have them at Christmas.

TAke of the faireſt Cherries you can get, but be ſure that they be not bruiſed, and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay againe : and then ſtop them up cloſe, that no aire may come neere them, and lay them under a Featherbed where one lyeth continually : for the warmer they are the better, yet neere no fire : and thus doing, you may have cherries at any time of the yeere.

To make Sirup of Mulberies.

TAke your Mulberies which are very ripe, presse out the juyce from them thorow a linnen cloth betweene two sticks, and then to every pint of juyce, take a pound of Sugar, and boyle it to the height of a Sirup, and then keepe it all the yeere longe and if it wax any thing thinner, a moneth after you put it up, boyle it againe and then put it up.

To make Sirup of Limmons.

TAke your Limmons, and cut them in halves, and betwixt your fingers juyce them, and the liquor that runs from them will be very cleere, then take to a pint of juyce, a pound and a quarterne of hard Sugar, which is very white, and boyle it to a Sirup, and it will keep excellent well.

To make Sirup of Roses solutive.

TAke of Damaske-Roses, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske rose leaves and take them out when they look white, and doe so ten times, and then the water will look red: and then, to every pint of that liquor, put a white of an Egg, and a pound of Sugar, and clarifie it, and boyle it to a Sirup, and keep it all the yeere. The thicker the Sirup is, the better it will keep.

To Make Sirup of dry Roses.

TAke of red Roses dryed foure ounces, and infuse them in a quart of faire water upon hot embers till the Roses have lost their colour: then take a pound and a halfe of Sugar, and clarifie your liquor

quor and Sugar with two Egges, and then boyle it to the height of a Sirup: but take heed in any case, that you set not your Sirup upon too hot a fire: for then it will lose his colour, and be worth nothing.

A

A Medicine to give a woman in Travell, to make her have Throwes.

TAke corall, amber, date ſtones, Pearle, Piony-ſeeds, Saffron, Cummine: beat all theſe in Powder, and put it into Malmeſie, and take Vnicornes horne, and put it into a ſpoone with a little Malmeſie, and give it to her, and preſently let her drinke a draught of the Malmeſie, with the powders aforeſaid, warming of it a little.

A medicine for the falling downe of the Matrice to the bearing place.

TAke Chickweed, and seethe it in an earthen pot: then lay of it upon a peece of Scarlet, as hot as the party may suffer it: let her take it to the privie place, and as one plaister cooles, so lay another and use it.

Another for to bee taken to the Navill, and to the back right against the Navill, for the same.

TAke a red Onion, and roast it very tender: then take of Allysander seeds, and bruise them in a woodden dish, and mingle the Onion and the bruised seeds together, and lay it upon a peece of linnen cloth: so lay it to the Navill a little warme; rowle that on, and let it lie on 24 houres,

houres: then change it, & take a new one till it be whole.

It is good for the Mid-wife to hold Muske below (tied in a little Lawne) to draw downe the child.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to ſtay other flowers.

A Medicine for a womans after burden, if need be, to bring it downe.

TAke Sothern-wood, and waſh it cleane, and ſtampe it, and ſtraine it in ſtrong Ale, and give it her to drinke warme.

To ſtop the whites in women.

FRy Hemlocke in freſh ſwines greace: lay it as hot as ſhe may ſuffer it, to the ſecret place.

For a Tetter.

TAke Oats and seeth them in water, and where the Tetter is hold over the reeke therof, as hot as may be, laying a cloth over it, to keep in the reek, so that the cloth doe not touch the Tetter: use this five times morning and evening.

To make a Sear cloth for an ache that is newly come.

TAke Boares greafe, Camphire and wax, and boyle them all together, and so make a Sear-cloth thereof, and lay it to the griefe.

For a Felon or an Handcome.

TAke Herb-grace, rusty Bacon, sowre Leaven, and Snailes that be with shels on their backes, taking them out of their shels, and beat all these together, & lay it to the griefe.

For

For to heale any, if they be scalded with hot liquor.

TAke Alehofe and Avens, sheeps suet, and sheeps dung, & Goose dung, & when you have washed the herbs, break them all together a little, & so fry them together, & then straine it, and make plaisters thereof, and lay it to the griefe: warme it a little when you lay it to, laying new plaisters to it twice a day: you may take the juyce of Houseleek, and sallet oyle, and water, and beat them together, and wash the griefe before you use this Plaister.

A Medicine for the whites.

TAke a quart of new milke of a red Cow, two spoonfuls of red role water, a pomgranat pill beaten, and a little Cinamon beaten, & seeth it halfe away: sweeten it with Sugar, and drinke a draught morning and evening, & two whites of Egs beaten.

A medicine for them that are given to bleeding.

MAke a Posset, and take off the curd, and take Liver-wort, and beat it, and put the juyce therof into the Posset-drinke, and drink it morning and evening warme.

For the heat in the Kidnies.

TAke Housleeke, and plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them, and put to the juyce thereof Red-rose water, and Wine-vinegar, and womans milke, and take the herbs, and put them into clothes, and tie the clothes with thred like a couple of bals, and you must (when you doe use it) have one to doe it for you in the morning when you are in your bed: and the partie must take the bals and dip them in this liquor, and so bathe your Kidnies; and as soone

soone as one of the bals is hot with doing of them, take the other, and so use it an houre every morning.

A Medicine for the Stone.

TAke Pellitory of the wall, Smallage, Hollihockes, Mallowes, Tansie and Saxifrage, of each a handfull: chop them small, and quilt them in a little linnen bag: then take three pints of creame, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; and when it doth seethe, then put the bag of herbs into the pot, and when the bag is thorowly hot, wring it betweene two trenchers over the pot to save the liquor: then lay the bag to the griefe as hot as you may suffer it; and as soone as it cooleth, make it hot againe in the same liquor, and so apply it to the griefe.

For the Wormes.

TAke a handfull of Basill mints, a handfull of Lavender Cotton, as much of wormewood, Peachleaves as much, Featherfue a handfull, of unset Leekes a handfull: boyle them together in three spoonfuls of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme betweene his navill and his stomack.

To heale a sore brest that comes with the infection of the milke.

TAke Mallowes and Saffron, and seethe them in Milke, and when it hath sodden a good while, put in some crummes of leaven bread, and boyle them well together; and a little before you take it up, put some Sallet Oyle into it: you must let it boyle till it comes to a Poultis, and so lay it warme to your brest; if you perceive that

that this wil not help your breſt without it be broke, you muſt roſt a Lily root, and lay it to your breſt where you will have it break: and when it is broken, you muſt tent it with leaven and milk ſodden thick together, and make a Plaiſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the Poultis all about your breſt, ſaving the place that the Plaiſter lies on: you muſt dreſſe it both with new Poultis and a new plaiſter twice every day, till it begin to heale, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make Plaiſters thereof, and lay them to your Temples.

To stanch the bleeding of a wound.

TAke of unset Hysop, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and strew the same powder on the Hysop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

TAke Hogs dung hot from the Hog, with Sugar, & lay it to the wound.

For the weakness in the back.

TAke Clary and Dates, and the pith of an Oxe, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white Sanders

Sanders in it alſo when you temper it together.

For the Wormes.

TAke Mares milke, and drinke it as hot as you can have it from the Mare, in the morning faſting.

To know whether a Child hath the Wormes or no.

TAke a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worme-wood, and ſpread hony on it, and ſtrew the powder of Aleſackatrina, and lay it on the Childs Navil when he goeth to bed, and if he have the Wormes, the plaiſter will ſtick faſt; and if he have them not, it will fall off.

For one that is bruised with a fall.

TAke ſtone Pitch and beat it, and drinke it with white wine, or ſack, or Malmeſie; and if you have none, then take ſome other liquor: then melt Parmacity, and anoint the place where the bruiſe is.

For the Wind-collick.

TAke Parſly-ſeeds and bruiſe them, and ſeethe them in Sack, and drink it warme when you have your paine.

For the Gowt that is newly come.

TAke Rubarb, and grate it, and mingle it with Conſerve of red Roſes, and eat thereof every morning faſting a pretty quantity.

A Water to wash a Sore.

TAke of Plantane, and Wood bine-leaves, and white Roses, and ſtill them together, and when the water is ſtilled, put a quantity of Camphire into it, and ſo let it lie in the water continually.

For the ſhrinking of the Sinewes.

TAke the Marrow of a horſe bone, and the crops of Elders, & as much of Sage, and chop them together, and boyle them in the Marrow, and then ſtrain out the herbs, and put to the liquor one ſpoonfull of honey, two ſpoonfuls of Aqua-compoſita, and a quantity of Pepper, and boyle it againe and keep it for your uſe.

For the Piles.

TAke a quantiy of Ragwort, and a quantity of ground-Ivie, and the